



THE PORTUGAL News

Portugal's National Newspaper in English

30 Aug 2008 • Edition N° 974 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

German shot in head at train station

A German tourist was shot in the head by a young man after mistakenly getting off a train at the Boliqueime train station instead of Ferreiras, where he intended to spend the day at Zoomarine with a friend. (See P. 5)

Crime of the century

Following the audacious hold-up late last week of a security van transporting an undisclosed amount of cash (see last week's edition of **The Portugal News**), it has emerged that the van could have been carrying as much as 2.5 million euros. (See P. 8)

British child taken into care after being left alone

An eight-year-old British girl was allegedly abandoned by her mother in a hotel room so her cash-strapped parent could allegedly indulge in drinking sessions whilst on holiday in Portimão, on the Algarve. (See P. 17)

Michael Phelps cools off in the Algarve

Fourteen-time Olympic gold medallist Michael Phelps chose the Algarve to relax after becoming the most successful Olympian of all time at this year's Olympic Games in Beijing. (See P. 72)

Seven day weather outlook

Lisbon: The capital will enjoy near perfect weather conditions, with temperatures sitting in their late 20s for most of next week, coupled with relatively clear skies.

Faro: The Algarve will enjoy a perfect start to September with blue skies and thermometers sitting in their late 20s after a cloudy and potentially wet start to the weekend.

Oporto: Thermometers will be dropping to their low 20s next week with partly cloudy and foggy conditions.

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State set to lose millions of euros as 330,000 traffic fines are set to expire

STATE LOSES €28M IN FINES

Fines,
see p. 18



GNR-BT traffic officers seen here during a massive roadblock on the A1 motorway, which involved members of several law enforcement agencies, including the Immigration Office and Health and Safety inspectors. (Photo: Lusa/André Kosters)

Gov't, Attorney-General setting up 'special teams' to combat violent crime



Police gather outside a Lisbon bank on 7th August shortly after staff and customers had been taken hostage by two armed assailants. (Photo: Lusa / Miguel A. Lopes)



Portugal's Ministry of Internal Affairs and Attorney-General's office have agreed to set up joint "special teams" to fight violent crime, a ministry official was reported as saying by the Lusa News Agency on Wednesday evening.

The official told Lusa, Internal Administration Minister Rui Pereira would formally present the plan sometime before the weekend at a meeting of the Security Coordination Office.

The joint initiative was agreed in meetings between Pereira and Attorney-General Fernando Pinto Monteiro, the official said.

The move by the Socialist government came on the heels of strong public criticism from the main opposition Social Democrats that Prime Minister José Sócrates' cabinet was failing to deal with a mounting wave of violent crime, including bank robberies.

On Thursday, Government officials revealed that violent crime had risen by ten percent during the first half of 2008

compared with the same period last year.

The director for the Office of Security Coordination explained that violent crime had "risen slightly below ten percent", but stressed that these types of crime only represent in the region of six percent of all crimes committed in Portugal.

According to Leonel Carvalho, 2007 was the best year in six when assessing crime statistics, which has resulted in an even greater inflation of figures so far in 2008.

The statistics released by Mr Carvalho do not reflect the recent crime spree, where dozens of banks have been robbed, coupled with a number of shootings, especially in poorer areas and council estates located on the outskirts of Lisbon.

Electronic chip for cars gets presidential go-ahead

President of the Republic Cavaco Silva publicly announced a decree that allows the Government to legislate the mandatory installation of an electronic chip in every vehicle. Despite heavy criticism for violations of drivers' privacy, the law will be implemented.

According to the Government, the chip, located on number plates, will only be used to ease the workload for safety forces, who will be able to access information on inspections and car insurance details. The chip will also al-

low the quicker identification of abandoned vehicles and ones that have been in accidents, as well as being used to pay tolls and other road fees.

The President's announcement on the website www.presidencia.pt states the decree touches a "very delicate area regarding the safeguarding of citizens' private lives" and pointed out that the technology must only be used for purposes connected to road traffic control and that the registered data must be properly protected.

EDP signs accord to sell power from US wind farm

Portuguese electricity utility, EDP Renováveis, via its Horizon Wind Energy subsidiary, announced on Thursday it has signed a long-term power purchase accord to sell energy from an American wind farm.

EDP's agreement with

Snohomish County Public Utility District is for sale of energy from the Wheat Hill Wind Farm, located in Gilliam County, Oregon, with an installed capacity of 96.6 megawatts, it was reported by the Lusa News Agency.

ATM stolen from Cascais court

During the early hours of Thursday morning Cascais' courthouse was broken into and an ATM machine stolen from inside.

Cascais PSP officers confirmed the incident though did not reveal further details.

Court employees, raised the alarm as they were the first people to enter the building at 6am, after the security guards finished their shift at midnight.

Sources described how the main doors had been smashed

Emergency landing at Faro airport



On Wednesday a Thomas Cook flight carrying 210 people from London, UK, to Fuertaventura in the Canary Islands, was forced to make an emergency landing at Faro airport, at around 12h30, due to an oil leak in one of the engines.

THE PORTUGAL News

ANGLOPRESS
Edições e
Publicidade, Lda

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Postal address: Apt 13 8401-901 Lagoa

Courier address: Rua Municipio de S. Domingos • Urb. Lagoa

Sol • Lote 3 r/c • 8400-415 Lagoa

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Sales Tel: 707 500 677

Gen. Fax: 707 941 201

Emails: info@the-news.net

Web: www.the-news.net

Distributed nationally by VASP

Member of apct

The Portugal News is owned and published by:
The News Group of Newspapers Inc. Depósito Legal Nº 80258/94

Printed by: MIRANDELA Gráfica, Lisbon

Print Run (Tiragem): 23,090

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Madeleine detectives' axing denied



Kate and Gerry McCann, parents of the disappeared Madeleine show a shirt of their daughter's at a press conference in Berlin, 06 June 2007. The McCanns were calling on German Portugal tourists to examine their holiday pictures for potential information regarding Madeleine. (Photo: EPA/Jens Kalaene)



Kate and Gerry McCann, parents of missing toddler Madeleine McCann have denied they have decided to axe private investigators Oakley International following allegations the company has drained the McCann's fund of nearly half a million pounds.

Reports on Sunday claimed they were supported in doing so by Madeleine Fund underwriter Brian Kennedy, a self-made millionaire, who was also said to be dissatisfied with the investigators' work.

It was said he considered their approximate £100,000-per-month fee "excessive" for the results that were being obtained.

This has since been refuted. A written entry on the official

'Find Madeleine' website said, "In the light of articles in some UK Sunday newspapers this weekend, we feel it is appropriate to comment briefly on our relationship with the investigation company Oakley International.

"We appointed them several months ago to investigate the disappearance of Madeleine McCann. We continue to work with them to this end. The working relationship is managed by Brian Kennedy, who also confirms the relationship with Oakley International continues to be good and that it remains entirely focused on the search for Madeleine".

Oakley International, which is made up of ex-British special forces officers and has FBI contacts, won the contract over the London-based Red Defence International (RDI), though one of the employees, 47-year-old communications expert known as Mr. Halligen, is listed as being involved with both companies.

Weekend reports in the UK claim Halligen is given as the 'contact name' for Oakley International Group, a company registered in Washington DC as the manufacturer of search and navigation equipment, and is also, reportedly, a director of RDI.

The company says it has annual sales of around €45,000 and only one employee, which appears to be Mr Halligen.

Initial reports alleged that the day after a crisis meeting last week with the Madeleine Fund administrators, Mr Halligen resigned as a director of RDI.

Previously the McCann Fund had employed a Spanish detective agency called Metodo 3, who were also axed after claims they would 'find Madeleine before Christmas' failed.

A McCann spokesperson said yesterday, "Kate and Gerry, the fund and their backers have always sought to employ the very best people and resources in the ongoing search for Madeleine".

A search that is, according to the McCanns, still continuing.

NEWS IN BRIEF

Portugal pavilion gets 600k visitors at Zaragoza Expo

Over 600,000 people have already visited Portugal's pavilion at Expo Zaragoza 2008, an event running under the feel-good banner of water and sustainable development, an official said. Rolando Borges Martins, head of Portugal's exhibition stand in the north-eastern Spanish city, said 77% of total visitors to the pavilion have been Spanish and around 13% Portuguese, with French and Brazilians accounting for the remainder. Portugal's pavilion in Zaragoza tells the story of the Iberian neighbours' shared water resources, particularly the Tagus, Douro and Guadiana cross-border rivers.

Baby chokes to death

A 19 month old baby died of asphyxiation last week after it choked on an olive in Angeja, Albergaria-a-Velha. "It all happened so quickly" said friends of the parents. When they realised the baby was in trouble, the parents tried to help and called 112 immediately. An Emergency Medical (INEM) team arrived shortly after but they were unable to clear the baby girl's respiratory canal and she died shortly after arriving at Infante D. Pedro Hospital, in Aveiro. The parents' friends could not hide their emotions: "What was meant to be a happy day ended in a tragic way."

Group attacks football team

The GNR are investigating an attack carried out by a group, armed with baseball bats and knives, on a football team that was playing an away game at Moledo, Caminha, on Sunday. Colonel-Lieutenant Branco, of Viana do Castelo GNR, said the attack was most likely motivated by a disturbance between assistants and players of a game in the same tournament, held on the Saturday. One of the players was treated in hospital and received eight stitches to a head wound. The group, of around eight, barged into the game area and, after the attack took place, escaped in two Smart cars, being caught later by the GNR.

Water bills might increase due to investments

Current water bills families pay include water supply, sanitation of residual water and management of urban residues. In the near future, water bills might rise to pay for investments in modernization and expansion of water infrastructures. Jaime Melo Baptista, President of IRAR (Water and Residue Regulating Institute), says the average €15 paid by Portuguese families is generating an unacceptable and unsustainable situation.

Three assailants kill woman for €10

Three men beat an 80 year old lady to death and seriously injured her husband just to steal €10 in cash and a shotgun last week, in Ferreira do Zézere, Tomar. Late Friday afternoon, Manuel Marçal Silva, 77 years old, heard a knock on the door and was struck to the floor when he opened it. The gang continued to violently attack him till he was unconscious and then went for his wife and mercilessly beat her to death. They were forced to tell the attackers where they kept their belongings and all they were able to find was €10 and a shotgun. Their grandson was the first to arrive at the scene.

Catholics pray against abortion

Catholics prayed for all the victims of abortion on Monday night outside Faro, Portimão, Leiria, Guimarães and Braga Hospitals. It is the third consecutive month Catholics, from all over the country had gathered outside private and public hospitals to pray. The invitation for the 'Watch' arose from an Internet blog of the movement 'Portugal Pro-Life' and is now being published on several other sites. Luís Botelho Ribeiro, coordinator of the movement, is collecting 7,500 signatures to deliver to the Constitutional Court to create a new political party.

Portuguese are Eco-Friendly vehicle purchasers

When buying new cars, Portugal is the European country which chooses vehicles that produce the least CO₂. The study, carried out by the European Federation for Transport and Environment (T&E), compared 18 countries and Portugal came first in the EU for having the 'cleanest' automotive fleet. According to 'Quercus', the environmental association connected to T&E, Portugal was placed first because Portuguese like to buy vehicles that consume less fuel, therefore buying smaller cars that have lower carbon emissions. Adding to the 'cost' factor is the fact eco-friendly cars pay only 60% of the road tax as well.

Shot with daughter on lap

A thirty year old woman was shot in S. Roque neighbourhood, in the centre of Porto, by her husband this week. According to witnesses an argument broke out between the couple and the husband started kicking his wife, who had their four month old daughter on her lap. After assaulting her, the man drew a gun and shot her five times, once in the head. The husband continued to kick her as she laid lifeless on the floor. Emergency services were able to resuscitate her and she was taken to S. João hospital in a serious condition. The man escaped by car but was caught minutes later.

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Portugal has second highest police ratio in EU



According to a survey carried out by the United Nations Organization (ONU), Portugal is the second country in the EU with most police officers per habitant.

According to the ONU, in Portugal there is an average 4.7 police officers per thousand habitants. On a global scale, Portugal is the seventh nation with most policing per citizen.

However, faced with a recent rise in violent crime, the Opposition has called for Home Affairs Minister Rui Pereira to comment on the surge.

In turn Minister Pereira has acknowledged he is aware of the rise in crime and has guaranteed he wants "more police on the streets, which are more visible, stronger, with adequate weapons, and more criminal investigation, associated with the patrolling".

According to official figures from the Ministry for Home Af-

fairs, as of May the country's security forces presently comprise 47,000 full-time officers, which places Portugal ahead of countries like Kazakhstan, Spain, and Finland.

According to the global survey, which takes into consideration 48 countries, Portugal is only outdone by countries such as Italy, Hong Kong and the Dominican Republic, which have, on average, between six and seven police per every 1,000 habitants.

And despite Portugal's national average being of 4.7 officers per every 1,000 habitants, according to political party CDS-PP, in Sintra there is just one police officer per 2,009 habitants.



GNR officers during a ceremony in Figueira da Foz earlier this year. (Photo: Lusa / Paulo Novais)

Experts concerned Europe's pine trees may be wiped out

According to emerging reports, Europe's pine forests are at risk from a killer bug that started in Portugal and which has already caused ecological catastrophes in east Asia.

Tens of thousands of trees have already died in Portugal and officials and experts fear that pine wilt disease, which has become out of control in the south-west corner of the continent, could spread further. Two species of

pine are susceptible: maritime pine, which makes up almost a quarter of Portugal's forests, and Scots pine, the most widespread pine species in Europe, often used for Christmas trees.

PSD deputy Luís Carloto

Marques has considered the scenario a "catastrophe", and "worrying" as over the past ten years 300 million euros has been invested in controlling pine tree plagues by felling and burning.

German shot in head at Boliqueime train station



A German tourist was shot in the head by a young man after mistakenly getting off a train at the Boliqueime train station instead of Ferreiras, where he intended to spend the day at Zoomarine with a friend.

Ruffert Gunter (64) was holidaying in Lagos. He and a 60-year-old friend had decided to spend the day at Zoomarine, in Guia, Albufeira, and caught the 08h20 train.

Two unruly men, said to be in their 20s, also boarded in Lagos, and, after causing disruption on the train, were asked by the conductor to disembark at Boliqueime.

After disembarking and leaving the station, at around 09h45, the two men set about the German tourists, trying to take their cameras and backpacks. Upon resisting, one of the two pulled out a gun and shot the elder German in the head.

His friend, who had managed to run from the attack, stood by in shock as Gunter lay motionless on the floor, covered in blood.

A witness told newspaper *Correio da Manhã* how they had overheard the assailant saying "Now we can go. I've killed him". The witness called emergency services and within minutes an

INEM rescue team was on the scene. They stabilized the victim before rushing him to Faro Hospital, where he received successful neuro surgery.

A representative of the German Embassy in Lisbon, Consular Director Herr Schueler, told **The Portugal News** on Wednesdays, "We are aware of the situation. We are in touch with the police and the hospital and we know that he is not yet awake. Yesterday we asked police if any progress had been made with regards to the assailants. We know the victim's identity, but we have no further information".

A recent rise in violent crimes, particularly in the Algarve and Lisbon, has left the Government in a precarious position.

Reinforcing policing in the Algarve, one of Portugal's most popular tourist destinations, is standard procedure during summer, though numbers have for a long time been the subject of great debate.

PSP and GNR security forces have been granted €400 million to update their services. Next year €29 million will be spent on new headquarters for both services, with €12.5 million being spent on vehicles, €11 million on vigilance systems and five million euros on weapons.

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PÊRA-ALGARVE

Tragedy returns to Tua train tracks



A train carrying 48 people on the Tua line, Northern Portugal, derailed for around 30 metres, falling into a four-metre-deep trench, killing one passenger and injuring 44.



Locals search the scene of a train accident in Mirandela, north of Portugal last Friday. The train was going from Tua to Mirandela and derailed near the village of Brunheda just after 11:00 am, causing the death of a 47 year old woman and injuring about 50 others. (Photo: EPA/Estela Silva)

The accident occurred approximately one kilometre after the Brunheda station, at Carrazeda de Ansiães, and is the fourth serious incident to take place on the same stretch of railway in a year and a half.

Most of the passengers travelling on board the train were visitors to that part of the country, a handful of whom were for-

eign, the majority being Portuguese tourists.

The only fatality sustained in this latest tragedy was that of a 47-year-old woman, who was flung out of the carriage as it derailed, and was killed instantly, crushed between the locomotive and the ground.

Minutes later local fire brigades arrived with ambulances and INEM medical emergency teams.

Those injured were divided amongst various hospitals, including Vila Real, Mirandela and Bragança.

Public Works and Transports Minister Mário Lino has vowed that if safety cannot be reinstated, "the line will be closed indefinitely".

He ordered an investigation into the cause of the accident, claiming that every month the line is checked by foot, and that every morning a small engine runs along the tracks to inspect them.

In 2007 a landslide caused a train to derail on the same track, killing three people and causing the line to close for a year. In April 2008 a security vehicle that was checking the Brevina stretch of line was also hit by a landslide. Three workers were injured. In June 2008 a carriage derailed between Abrenhada and Tua, close to where this latest incident occurred, four kilometres from its final destination, slightly injuring one passenger.

Deaths projected to outnumber births in the EU

The population in the European Union is projected to increase from 495 million in 2008 to 521 million in 2035, and thereafter gradually decline to 506 million in 2060, figures published this week have shown.

The annual number of births is projected to fall over the period 2008-2060, while at the same time the annual number of deaths is projected to continue rising. From 2015 onwards deaths would outnumber births, and hence population growth due to natural increase would cease.

From this point onwards, positive net migration would be the only population growth factor.

However, from 2035 this positive net migration would no longer counterbalance the negative natural change, and the population is projected to begin to fall.

The EU population is also projected to continue to grow older, with the share of the population aged 65 years and over rising from 17.1% in 2008 to 30.0% in 2060, and those aged 80 and over rising from 4.4% to 12.1% over the same period.

The strongest population growth is projected to be found in Cyprus (+66%), Ireland (+53%), Luxembourg (+52%), the United Kingdom (+25%) and

Sweden (+18%), and the sharpest declines in Bulgaria (-28%), Latvia (-26%), Lithuania (-24%), Romania (-21%) and Poland (-18%).

In 2060, the Member States with the largest populations would be the United Kingdom

(77 million), France (72 m), Germany (71 m), Italy (59 m) and Spain (52 m).

In Portugal, the current population is fixed at 10.61 million and will rise to 11.39 million in 2035 before falling to 11.26 million in 2060.



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Telecom watchdog approves mobiles on planes



Anacom, the Portuguese telecommunications regulator, has this week authorised the use of mobile telephones on flights. New technology will stop mobile telephone frequencies interfering with a plane's system. However, calls will be limited to when the aircraft is flying at altitudes of no more than 3,000 metres, which is about a third the cruising altitude of commercial airlines. National airline TAP has been among the forerunners in this technology, and is expected to be among the first to make this technology available to its passengers.

Back in 2005 Siemens and the pan-European aircraft manufacturer, Airbus, announced they had joined forces in a common venture to develop technology that would enable users to make ordinary mobile phone calls in flight.

The German electrical and communications company will supply lightweight onboard base stations for the GSM mobile network and channel selectors that will ensure mobile calls do not interfere with aircraft systems or cell phone networks on the ground.

Airbus will build the technology into its existing electronics systems, market it to other airlines and service it. The two companies plan to fit a base station, linked to the terrestrial GSM network via satellite, behind the ceiling panel of a plane. The base station will receive signals from passengers' mobile phones, personal computers and organisers.

The technology is also suitable for aircraft made by Airbus rival, Boeing.

In April, national airline TAP initiated its six-month experimental period for the in-flight usage of mobile phones, a move which came as the European Commission introduced rules to harmonise conditions for the take-off of pan-European mobile communication services on aircraft.

Allowing passengers to use mobile phones on aircraft has been long-debated. It is estimated that 92 per cent of all business travellers carry their phones with them, as do 81 per cent of tourists.

Around 54 per cent of all business passengers said they would use their phone whilst on board if they could, as opposed to 41 per cent who said they enjoyed relaxing whilst flying.

In addition, nearly one-third of



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The Fafe Courthouse which was closed on Tuesday after a ceiling collapse which killed a construction worker. (Photo: Lusa / Hugo Delgado)

NEWS IN BRIEF

Ceiling collapses at Court house and kills worker

A 52 year old construction worker died whilst working at Fafe Courts on Tuesday. The ceiling of the building collapsed on the worker and sources say another worker was injured and taken to Guimarães Hospital, with only minor injuries. Employees of the Ministry of Justice, Fafe Council and the company responsible for the work will be propping up the remaining part of the ceiling to avoid further accidents.

Sonae buying abroad

Worten, electronics brand of Sonae, is looking to broaden its market to Spain as it has just bought Boulanger Espana. Involved in the transaction are nine stores, covering 22,000 square metres, and three store licenses. Amazing sales figures, around €100 million, are predicted from the group owned by Belmiro de Azevedo, Portugal's second richest man.

Three Portuguese expats suspected in Cape Verde drugs laundering

Cape Verdean police have prohibited three Portuguese residents of the archipelago from leaving the islands after questioning them on suspicion of laundering drugs money, the weekly *A Semana* reported at the weekend. The three Portuguese nationals and three Cape Verdeans were detained last week and arraigned in court Friday on "strong suspicion" of involvement in laundering funds from "international drugs trafficking", the island newspaper said, citing the Judiciary Police. The police investigation, begun more than one year ago, led to searches of nine residences and businesses owned by the six suspects and the seizure of seven vehicles and property worth about €550,000, *A Semana* said.

North and central Portugal cheaper

A study carried out by Deco, consumer rights watchdog, at supermarkets throughout the country revealed cheaper prices can be found at the North and Centre of the country. The study compared 63,452 prices, of 570 stores in 114 cities. It showed that products from shops on the same street, or nearby, have very different prices and significant savings can be made if the right choice is made. For the first time ever the study also took into consideration Spanish shops near the border, but concluded that it is hardly ever worth travelling the extra distance.

Lisbon official in Bissau to evaluate CPLP aid

State Secretary for Foreign Affairs João Gomes Cravinho, representing Lisbon's chair of the CPLP Lusophone bloc, was in Guinea-Bissau this week for a series of meetings with senior Bissau and international officials. Diplomatic sources said Portugal's No. 2 diplomat would meet representatives from the Guinea-Bissau International Contact Group, comprising Bissau's main cooperation partners, as well as President João Bernardo Vieira and Prime Minister Carlos Correia. In sending the Lisbon diplomat to Bissau the CPLP (Community of Portuguese Language Countries) "seeks to strengthen its monitoring and assistance" to the West African member of the bloc, diplomatic sources told the Lusa News Agency.

São Tomé carrier resumes non-stop Lisbon flights

STP Airways, national carrier of São Tomé and Príncipe, resumes scheduled flights to Lisbon next week using an aircraft owned by Portuguese airline Euroatlantic, the majority shareholder in the company. STP Airways chairman Felisberto Neto told the Lusa News Agency the weekly Lisbon-São Tomé flight will be operated using a Boeing 767. Euroatlantic will provide a smaller aircraft to operate STP Airway's routes to Gabon, Cameroon and Equatorial Guinea, he added. Euroatlantic manages São Tomé's national airline and holds a 37 percent stake in the company, to the 35 percent held by the São Tomé state and 17 percent stakes held apiece by Banco Ecuador and GIAS.

Private clinics growing

Portuguese are opting for more health insurance and resorting more to private clinics which, according to a study released on Monday, during the course of 2007 which generated a €690 million revenue. The study 'Sanidad Privada', carried out by Spanish company DBKA, has optimistic predictions for the sector. There are forty clinics in Portugal that offer around 2,200 beds, with Lisbon region having the highest concentration: 16 private centres and 1,300 beds. Just like the clinics, insurance companies are earning more: €440 million in revenue in 2007, 7.8 percent more than the previous year.

EU looks to boost cross-border securities transactions

The European Commission's Legal Certainty Group (LCG) has put forward solutions to legal barriers related to the cross-border holding and settlement of securities. The solutions proposed in its report, entitled 'Second Advice', are expected to lead to an improved and harmonised legal framework for the holding and settlement of securities through intermediaries and for the processing of corporate actions. Furthermore, the report proposes to give issuers free choice between European Central Securities Depositories.

Highway robbers in crime of the century



Following the audacious hold-up late last week of a security van transporting an undisclosed amount of cash (see last week's edition of **The Portugal News**), it has emerged that the van could have been carrying as much as 2.5 million euros.

Some observers have already termed it the crime of the century, and while officially, there is no value attached to the robbery, media reports said this week that the van was transporting in the region of 2.5 million euros from Lisbon destined to

stock up the more than 730 automatic teller machines scattered across the Algarve.

The robbery, which occurred

near the Aljustrel fuel station on the A2 motorway, was noted for its precision and the professional manner in which it was conducted by five assailants.

Equipped with military-issue weaponry, thought now to have been manufactured in Eastern Europe, the group made off undetected in what now appears to have been the most lucrative robbery ever in Portugal.

The group carefully selected a blind-spot on the motorway, with the closest camera on the closely monitored motorway located at a distance of three kilometres from the crime scene.

Another reason for the group escaping undetected is that they used an emergency exit a few hundred metres down the motorway to change direction and head back towards Lisbon or the motorway linking the Alentejo with Madrid.

While cameras to the south were being watched and roadblocks set up en route to the Algarve, the assailants, unknown to police, were heading back the way they came.

Nails were also placed on the motorway to sabotage any police vehicles who might give chase after discovering they had been tricked.

One of the two security guards in the Prosegur van suffered minor injuries, thought to have been caused by shattered glass following the explosion.

No reports on the nationalities of the men have been revealed, but police have admitted to the possibility that the five assailants learned their trade in other European countries such as Britain or France, where crimes such as this are more common.

Military experts are assisting police detectives in their investigations.

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Dry, but cooler than expected summer



Despite below average and forecast temperatures, weathermen at the Met Office have this week described this summer as having been "typical". Earlier this year, experts at the Met Office predicted a scorching summer, but have since admitted that they got it wrong, while adding their forecasts can never be seen as being 100 percent certain.

Information gathered so far reveals that while June recorded temperatures which were slightly above averages of the past three decades, thermometers in July were decidedly lower than figures attained in past years.

Similarly, August has also registered lower than expected temperatures, with rain also being minimal.

The northern and central parts of the country were most affected by below average temperatures, improving to the south.

Experts had earlier this year predicted a "complicated summer", a situation which was anticipated due to the lack of rainfall last winter in most parts of the country.

Official figures published in the spring indicated that rainfall between last September and this past January was the lowest it had seen since 1917.

Rainfall during this period

was only 48 percent of the average between 1941 and 1998, data by the Water Board (Inag) showed.

Since records began, January 2008 was confirmed as the second hottest ever, while the highest temperatures ever were recorded in 1981.

Thermometers were also 1.3° above the January average, additional data shows.

Portugal was in 2006 singled out in the Stern Review as being one of the European countries that will suffer most from global warming.

"The Mediterranean will see an increase in water shortages, heat waves and forest fires. Portugal, along with Spain and Italy, will be the hardest hit, which could result in a swing northwards in summer tourism", explained the report.

The four years leading up to 2007 were the hottest on record in Portugal while the drought in

2005 and 2006 was only broken by heavy rains and floods.

But this trend was turned on its head last year as weather patterns experienced yet another dramatic shift.

The summer of 2007 was confirmed as the coolest in two decades and also the wettest this century.

Average temperatures recorded last summer were 0.5 degrees below established figures since records began, making it the coolest summer in continental Portugal since 1987.

Taking into consideration only this century, between 2001 and 2007, the difference in temperatures measured in summer is even greater, with this summer 1.9 degrees cooler than previous summers.

It was also the first summer since 1997 to have not recorded a heat wave, and so far, 2008 is on course to emulate last year's lower-than-usual temperatures.



A boy takes advantage of a water tap to slake his thirst during the hot weather. (Photo: Lusa)



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Record-breaking number of cruise liners passing through Portugal



The first cruise liner to sail into Portimão harbour on 30th April this year after major construction works to the quay.
(Photo: Lusa / Luis Forra)

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Portugal's ports are attracting an increasing number of international cruise ships, a number that so far this year has already beaten previously established records. Authorities have predicted that 2008 will be the best year to date.

Lisbon Port's Administrators (APL) have released figures for January to July this year, showing that 156 cruise liners docked in the capital bringing with them a total of 178,000 passengers, rises of 37 and 61 per cent respectively in comparison with last year.

On average, Lisbon welcomed five vessels per week and more than 1,100 passengers per vessel, during the first seven months of the year.

High peaks during this rise were documented in April and May, the 20th April being a historic

day with seven cruise ships and more than seven thousand passengers all visiting the capital on the same day.

According to the head of APL, this is due to a growing demand within the European market, catered for via the transferring of Caribbean and American liners to European routes.

A growth has also been noted in the port of Madeira, with a yearly prediction of 282 cruise liners stopping off in Funchal. The number of passengers also rose by 27 per cent, to 109,000 so far.

Portugal's taxis giving country bad image says report

One of tourists' main complaints whilst holidaying in Portugal is the poor quality of taxi services, dirty vehicles, questionable driving and lack of communication between passengers and drivers being the main reasons for discontent.

A study compiled by consultancy company Ideateca, which specializes in assessing the quality of services rendered in Portugal, established these results.

They were based on survey answers gathered between April and June 2008 and showed that only 23 per cent of those questioned were satisfied with Portugal's taxi service.

In general, most tourists consider the service offered by the nation's taxis as 'unprofessional', mainly because of "the style of driving, the cleanliness of the vehicle, lack of air condi-

tioning, lack of courtesy, overcharging and difficulties in communication".

However, according to the study, in compensation, 'low prices, a feeling of safety, gastronomy, monuments and the overall niceness of the Portuguese', are qualities that most impress visitors.

Concerning hospitality, the study revealed that Northern Portugal is the most highly praised region, where 92 per cent of visitors answered they were 'satisfied' with the services offered.

Northern Portugal is followed by Lisbon and the Algarve, with 85 and 75 per cent of happy tourists, respectively.

Every year the State secretary for Tourism invests three million Euros in promoting Portugal overseas, in 17 different countries.

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Madeira ferry to continue after summer

Spanish ferry operators Naviera Armas have confirmed they will continue their Portimão-Madeira-Canary Island route after the summer season, which was until now in the balance and dependent on how figures performed.

According to the company, the route's continuation is due to the "huge success" it has had since it was launched on June 13th, since when it has transported over 14,000 passengers.

Naviera Armas is now looking to "incorporate a new ferry" onto the route, one of two new vessels currently under construction.

The company also confirmed that as of May next year, "it is likely the crossing will be upped to twice a week", between the three ports, instead of being a weekly crossing, as it is at present.

Naviera Armas first started a Canary Island - Madeira crossing three years ago, this year tying the port of Portimão into its route.

Demand far surpassed expectations, and what started off as testing the waters has been confirmed as an ongoing service.

For more information, see www.navieraarmas.com.

Portuguese prefer paying in cash



Despite the increased availability and use of credit and debit cards, research published this week has revealed that Portuguese still make the majority of their payments in cash. The study was conducted by research agency Marktest and took into consideration the four months leading up to June.

More than half (53.6 percent) of residents living in mainland Portugal aged over 15 and who have a bank account, told researchers they prefer to pay for goods purchased in cash.

Payments by debit cards came in second, representing 35.1 percent of the preferences among consumers.

The use of cheques is becoming increasingly less popular, and are now fourth in preferred methods of payment, with only 3.7 percent in favour. Bank transfers were third, with 4.9 percent of the total.

Last on the table are credit cards, being preferred as the method to pay 2.5 percent of all expenses incurred.

However, half (49.8 percent) of consumers aged 25 to 34 opted to use their debit cards, with cash coming in second.

Monetary payments are most popular among pensioners aged 64 and older.

These figures came from data released earlier this month by card payment institution Unicre for the first half of this year

which confirmed a growing trend of Portuguese using their bank cards as a preferred option of payment.

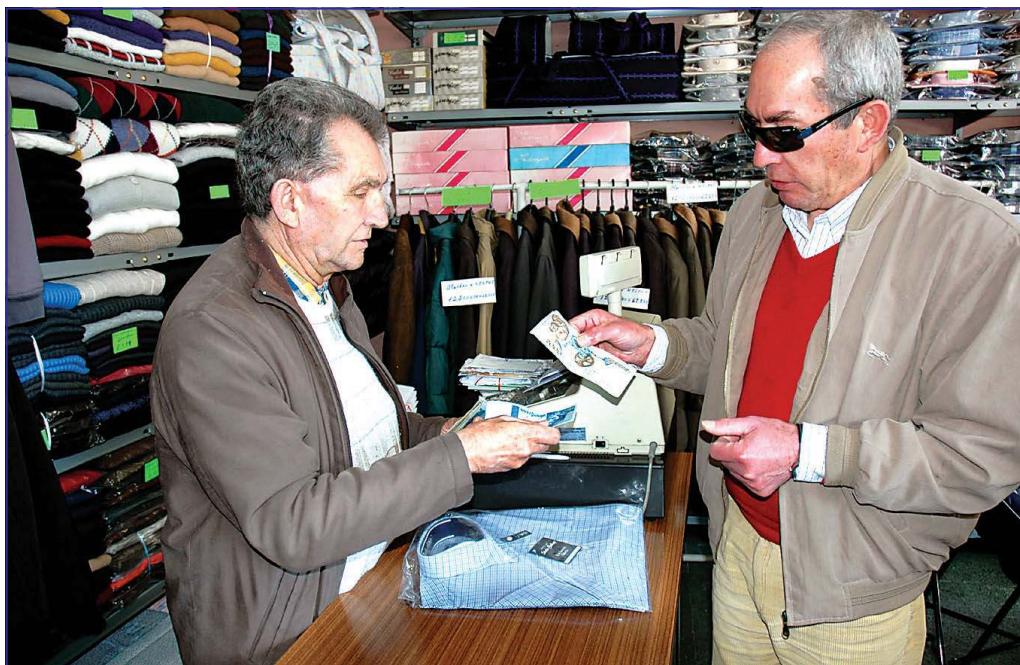
The biggest rise has been among credit cards, which recorded an increase in their use to 9.5 percent up to June 2008.

Over the first six months of the year, transactions involving national bank cards in the country totalled 7.5 billion euros, an increase of 8.5 percent in relation to the first half of 2007.

The number of transactions made using a Portuguese bank card averaged a total of one million a day, while cards were used to make payments amounting to 41.2 million euros per day.

While the overwhelming majority of payments were made using debit cards (70 percent), use of credit cards is rising, now representing 9.5 percent compared with 7.1 percent a year ago.

This follows news that Portuguese use their bank cards more than any other European nation to pay for purchases. Of all purchases made in the coun-



In March 2007, Shopkeeper Ernesto Santos was still accepting escudo notes in his shop in Guarda. (Photo: Lusa / Francisco Barbeira)

try during the course of 2006 (the most recent figure), almost two-thirds (63.3 percent) were paid for by either credit or debit cards, placing Portugal at the summit of European card users.

With this total Portugal is the leader among the 27 European

Union states, narrowly beating Denmark and Sweden into second and third places, respectively.

These findings were made by a special research team who conducted a survey on card payments commissioned by the European Central Bank for all transactions performed last year.

A total of 763 million payments, totalling 25.2 million euros were made using debit cards in 2006. Credit cards, on the other hand, were used to cover payments of 343.8 million transactions for a total of 15.1 million euros.

After bank cards, Portuguese prefer cheques to make payments, with roughly one in six of all transactions made using this method of payment, placing it fifth overall in the enlarged European Union.

Meanwhile, SIBS, the company that manages electronic operations of debit and credit cards, said the highest number of transactions ever with international cards, both for withdrawals and payments was recorded in Portugal last August, with expectations high that this figure will be surpassed this year.

More than two million withdrawals, totalling 260 million euros were made at automatic teller machines across the country last August, which was 24 million euros more than the same month in 2006.

The number of payments made, rose from 3.5 million transactions to 3.8 million, which corresponds to a monetary value of 300 million euros.

Lisbon and Albufeira, followed by Loulé and Lagos are the cities where the highest number of transactions with foreign cards were recorded, with more than 400,000 withdrawals totalling 55 million euros.

In the Algarve, one in seven withdrawals during the month of August is made with a card issued outside Portugal.



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Fiscal Representation for Non Residents

Fact: By law, all non-resident companies and individuals owning a property in Portugal are required to appoint a fiscal representative.

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National Monopoly champion heading for Vegas



National Monopoly champion Vitor Cândido in front of the Colombo commercial centre in Lisbon where a new version of the game was due to be launched on Wednesday. (Photo: Lusa / José Sena Goulão)

Third generation PlayStation Portable arriving

Sony has announced it will launch the new and improved PSP (PlayStation Portable), the PSP-3000, in October. The new console has an improved LCD screen and an integrated microphone.

The new PSP will be available worldwide and in Europe it will cost €199 whilst in the U.S.A. it will be \$199 USD. It is PSP's third model in just under four

years, and it will have the same defining characteristics, design and functionality, as its predecessor, the 'Slim and Light' PSP.

New technology included in the PSP-3000 is the 4.3 inch LCD screen with an anti-reflection film, allowing its user to see the screen better, even in illuminated areas. The higher contrast and wider range of colours also gives

images and videos more natural colours. Thanks to the integrated microphone, the PSP can be used as an Internet phone, using Skype software, as well as being able to pick up wireless Internet (WIFI).

In its first months on sale, it will only be available in three colours, black, pearly white and silver.

Families cut down spending

For the first time in five years, Portuguese families have cut down considerably in purchasing goods, consuming 0.4% less than the same month last year.

In June this year, consumption of food and goods stagnated, and, for the first time since 2003, in July it dropped.

To put it into perspective, in 2003 the Portuguese economy was in a recession and families dropped domestic spending consecutively for eight months. Only in

1983 was a similar scenario registered.

This week, the National Institute of Statistics had a shock when figures revealed that consumer trust has hit a 22 year low, at a time when traders also complained of weak sales. Facts that can be explained by the high unemployment rate, inflation, successive rises in interest rates and infrequent salary raises.

In July, the economy grew only 0.3% compared to the same month last year and now the stagnation period is

coming according to advanced indicators for the economy who forecast the industrial production, commercial sales, external commerce and families' financial status.

For the next three months,

banks foresee stricter controls for giving credit to families or businesses because the banks themselves are expecting some difficulties in accessing money from international markets, mainly due to the lack of growth of deposits and Portuguese families not able to save.

 Thirty-four-year-old Vitor Cândido is a toll-booth attendant on Lisbon's 25 de Abril Bridge. He is also Portugal's national Monopoly champion, and dreams of playing in the world's largest championship, in Las Vegas.

In 2004 he represented Portugal in the Monopoly Championship in Tokyo, and he believes monopoly has helped him learn how to manage his finances in life.

Vitor has been playing monopoly for "as long as he can remember", as often as he can, and very rarely loses.

Whilst he admits "the luck of the dice" does play a role in his victories, lots of practice has helped perfect his game.

This week he played in Lisbon's Colombo shopping centre, with other Monopoly enthu-

siasts from around the world who gathered to try and set a new record for most people simultaneously playing Monopoly as well as celebrate the launch of a new 'World Edition' game.

At the beginning of this year, fans from around the globe voted on which cities they would most like to see represented on the first 'World Edition'.

More than five million votes determined the 22 cities, Montreal, Rio, Cape Town, Belgrade, Paris, Jerusalem, Hong Kong, Beijing,

London, New York, Sydney, Vancouver, Shanghai, Rome, Toronto, Kiev, Istanbul, Athens, Barcelona, Tokyo, Taipei and Gdynia. Lisbon was a candidate, but did not make the final selection.

Renewable energies will replace the standard water and electricity companies; the pieces, community chest and chance cards being included by the various international cities.

Since 1935, more than 250 million monopoly sets have been sold worldwide, in 103 countries and 37 languages.

Greenpeace criticizes Portugal's supermarket fish

According to a Greenpeace ranking, all supermarkets operating in Portugal disrespect the purchasing of sustainable fish, with Lidl being the best positioned and the Sonae group, which own Modelo and Continente, as the worst.

Based on the 'Red List' for fish species on the brink of extinction, which include tuna and codfish from the Atlantic, Greenpeace sent all of Portugal's leading supermarkets a questionnaire, where purchasing criteria were examined and asked what sort of information on sustainable fishery was made available to clients.

"Most of the supermarkets didn't answer, and that gave them negative points. But we went to the supermarkets and

verified their purchasing policies, fish packaging and if they were selling any 'Red Listed' species. Based on our findings we put together the ranking", said Paloma Colmenarejo during a press conference on board Greenpeace's Arctic Sunrise, which was docked at Alcantara, Lisbon, at the end of a three month 'Ocean' campaign.

Despite only satisfying 40 per cent of Greenpeace's point-awarding criteria, LIDL ranked first place on the listing of Portuguese supermarkets though all national chains failed to comply with minimum requisites.

In last position was the Sonae group, which scored only 1.81 per cent.

Greenpeace had stressed concerns that in Portugal supermarkets do not have written policies

on purchasing sustainable fish and that whilst some have removed endangered fish species from their shelves, others are not working towards systematic sustainability.

"Portuguese supermarkets are allies in helping destroy the oceans and will not commit to sustaining fish products", said Greenpeace.

"Many of them claim it is impossible to identify the origins of the fish. This cannot be true, as it is only possible to know if the fishing was legal if the fish's origins are known".

In Portugal supermarkets represent 70 per cent of the nation's fish purchases, 80 per cent of which is sold fresh, 12 per cent frozen and eight per cent conserved, according to Greenpeace's data.

Tourism association gains power in licensing

The licensing and/or authorisation of developments and activities relating to the tourism trade will, as of this week, be subject to consideration from the Regional Algarve Tourism Entity (ERTA), which has replaced the RTA – Regional Tourism Board – headed by former Faro Civil Governor Dr. António Pina.

Dr. Pina is pleased with the new competencies the region has been awarded, though ERTA's thoughts on projects will not be considered ultimate rulings.

He also said that more clarity is needed where regarding who is responsible for entertainment.

The government has assured the ERTA that it will not lose any

input when choosing and deciding the yearly summer line up.

The entity newly-created by the government, will also have a say in the management of funds and funding of projects relating to tourism.

However, Eldérico Viegas, of the AHETA regional Algarve resort and hotel association, believes the Government was "not

as ambitious as it could have been", and that ERTA should have more "effective power of decision", and not just the right to a say in matters.

Whether or not local city halls will adhere to ERTA's opinions will be decided and voted on by municipal assemblies within the next month.

Boots' products on sale in Portuguese pharmacies



As of September, well-known British manufacturer's Boots are to start selling their products in Portugal, in pharmacies around the country.

After weighing up other options, Portugal and France were the two countries chosen by Boots to kick off their international expansion.

Also tested for expansion were Italy and Spain but it was Portugal and France that pharmaceutical distribution giant Alliance Boots (created by Alliance UniChem and Boots merging)

chose to start branching out.

In the UK the products will retain their original Boots name, but in Portugal and France the marketing team decided to add on the word 'Laboratories', therefore the seven products that will initially be sold abroad will be branded 'Boots Laboratories'.

This range will include day and

night creams, and the blockbuster anti-aging serum that immediately sold out when it was placed on sale in the UK in 2007.

Boots' launch in Portugal is being headed by Alliance Healthcare, which aims to place the brand amongst the top-five best-selling national dermatologic products within the next three years.

Scraping vehicles saves Lisbon thousands

Last week Lisbon Council sent its first vehicles to the junkyard, part of the 168 vehicles planned to be scrapped. This measure will save the council €71,000 a month.

"It is a financial and environmental measure that will allow the council to save over €800,000 a year and also reduce carbon emissions by 360 tonnes a year" said Lisbon's Vice-President.

He stressed that there will also be a renovation of the existing fleet, as well as a more frequent use of public transport by Municipal workers.

On 22nd August 46 vehicles, all of them with their lease contracts ending, were delivered to a junkyard to be scrapped. Of the 122 vehicles remaining, 92 will be scrapped in September and the final 30 in November.

The Vice-President also added that by the end of the year ten diesel rubbish trucks will be replaced by vehicles that run on gas.

www.the-news.net



Defying the Dermatologist?
If Vitamin D3 is the longevity element, then the sun-worshipping Portuguese will live forever. Vitamin D3 is best absorbed from natural sunlight, during non-peak hours if possible, so as not to incur premature ageing or develop skin cancers. My dermatologist frowned when I came to her with one of many web-based articles on the hot topic of D3. She didn't call it a fad but left me with more of a warning about sunshine exposure than encouragement. As I left her office, she emphasized her views with statistics: "Portugal, after Australia, has the largest NUMBER (not percentage) of skin cancer cases in the world." In past years, heeding her words, I've covered up, defending against the sun, with only my hands and sandaled feet

Then there was the summer in the south of France. We'd heard tales of paradise on the Côte d'Azur and decided to sample their summer sun for ourselves. Yet another surprise came as the beach in Nice was filled with rocks like craters

London Olympics 2012 en route



Lisbon's British Embassy joined London's celebrations as organisers of the upcoming Olympic games by hoisting the Olympic Flag on the façade of the Embassy's building. The ceremony was conducted by United Kingdom's Ambassador, SE Alexander Ellis, together with China's Ambassador, SE Gao Kexiang, last Monday at midday.

As the Beijing Olympic games ended, the Olympic flag began its voyage from Beijing to London. Hundreds of locations throughout the U.K. have celebrated the occasion by hoisting the 'London 2012' flag, as well

as at British Embassies, British Councils, Armed Forces and diplomatic missions in foreign countries.

Buckingham Palace will be hosting a special event for the raising of the flag as well.

Greenpeace docks in Lisbon

After three months on the high seas searching for illegal fishing boats, the Arctic Sunrise has returned to port, more specifically Lisbon, with stories from the Mediterranean.

The Arctic Sunrise ice-breaker has been navigating the Mediterranean for the past three months searching for illegal fishing boats, persuading governments to create marine reserves and alerting consumers and suppliers about the rise of fish species at risk of extinction.

Volunteers and activists, with ages ranging from 20 to 60, work shifts on the boat to keep the engines running for days on end. They are only allowed to stay onboard for three months, having to stay on dry land for the next three months for the opportunity to return to sea to fight for the future of our planet, on one of the three Greenpeace ships.

Peter Bouket, Captain of the Arctic Sunrise, 58 years old, has had a sea bound life: "I have been

with Greenpeace for 10 years, but I have been going out to sea since I was 16." He is one of six Greenpeace captains.

Stories from the crew are endless and Texas Joe, a radio operator, remembers the time the Arctic Sunrise was deliberately attacked by a Japanese whaling ship twice its size: "I was on one of the Arctic's dingies we had placed next to a whale to avoid it being shot by the Japanese... unexpectedly they shot the harpoon and I was hit..." He does not hide his fear of arrest or of being injured on a mission, but says "We have to disobey rules in some situations. If nobody does anything, everything will remain the same. Of course I'm scared of what might happen to me, especially



The British Ambassador in Portugal, Alex Ellis (L) complements the Chinese Ambassador in Portugal, Gao Kexiang (R), after receiving the symbolic flag for the 2012 Olympic Games that will be hoisted in London. British Embassy in Lisbon, 25th August 2008. (Photo: MIGUEL A. LOPES / LUSA)

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

9	7							2
							9	
5	8		3	9	6			
6						8	4	
3								2
2	9						7	
5	1	7		4	6			
7						3	1	

Last weeks solution:

1	6	2	8	7	3	5	4	9
7	8	4	9	6	5	3	1	2
3	9	5	2	1	4	7	8	6
8	1	3	5	4	9	6	2	7
6	4	7	1	3	2	8	9	5
5	2	9	7	8	6	4	3	1
4	5	6	3	9	1	2	7	8
2	7	1	4	5	8	9	6	3
9	3	8	6	2	7	1	5	4

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

This week's crossword is on page. 65

ENGLISH DENTAL SURGEON

Dr. Francis Haley

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First Lady visits Faro Children's Home



First Lady of Portugal Dra. Maria Alves Cavaco Silva and Director of Faro's Childrens Home, Dr. Luís Villas-Boas



Some of the home's children.



On Monday, Dr. Luís Villas-Boas, director of Aboim Ascensão Children's Refuge in Faro, invited Portugal's First Lady Dra Maria Alves Cavaco Silva to visit the premises where young children with no families or abusive families are temporarily sheltered and also took advantage to launch an appeal for the creation of a national child emergency service, to be taken care of by the State.

During the First Lady's guided tour around the premises, Villas-Boas reminded people that, 23 years ago, the institution he directs was a pioneer "the first temporary home for young children at risk."

He opined that the State should take responsibility of the network because in children's rights matters the State "is the first and last responsible for the well-being of its children, either without family or with a judicially incompetent family." He also stressed the "State should support strongly entities that give help." "It is urgent to protect, to take children away without hesitation from any families or institutions in crisis or if there are doubts about the danger of the location as well as the environment" he defended.

The Aboim Ascensão Refuge

had a 74% occupancy rate this year, with the average time of shelter being 14 months per child and their average age was 30 months. The total capacity is 95 children, but between January and July 43 have left and only 29 have arrived.

During her visit, the First Lady showed concern over the number of violent cases involving children: "Even if there was only one child in these conditions in Portugal, it would be bad. As they are in the thousands, the situation is terrible," she said.

The wife of the President of the Portuguese Republic visited the shelter a few years ago but felt the necessity to return to "check how things are going" and to see the evolution it has had.

"In a place like this we can also see the country's situation" she reiterated.

International Algarve Fair, two days packed with fun and games



Live music, games, competitions, fire eaters, stunt performers, clowns, bouncy castles, face painting, human football and real life fire engines, what more could you want from a day at a family fair? You can enjoy all this and more at the International Algarve Fair, on the weekend of September 20th and 21st.

Visitors will be welcomed at the gates by entertainers, but that is just a little taster of what lies beyond the gates.

Throughout both days Circo Pequeno's brilliant team of performers will flow around the fairgrounds, mesmerizing children and adults alike with their tricks, stilt-walkers, and, in the evenings, fire-eating shows.

Tim Gomez of Circo Pequeno explained, "It will be a magical and very visual affair".

As in previous years, Circo Pequeno's team will be performing and putting on activities all day, both days, so there will always be something for children to participate in, as learning new skills and interacting are also encouraged.

"The magic of being young disappears as you get older and you don't remember, so children must enjoy being young as much as they can", Tim said.

Two more novelties this year are an Airbungee, for the more courageous, courtesy of 'Junior Satisfaction' and an inflatable Gladiator game.

Popular Puff Park will once again inflate for children to jump around on to their heart's content.

But one of the most exciting introductions to the entertain-

Picasso pieces prize Portimão



'Olhar Picasso' is a first in Portugal as original pieces and an in-depth look of Picasso will be exhibited together with an array of work by Portuguese artists who were in some way influenced by the most recognized figure in 20th century art.

Many people have an immeasurable adulation for Picasso, not only for his artistic views, but also for his passion for politics and the way his pieces were both honest and accessible.

The Portugal News had the opportunity to speak to the son of Picasso's official biographer, Anthony Penrose, whom supplied most of the originals for the exhibition, as well as Rui Paes, General Coordinator of the exhibition and artist.

Anthony Penrose spent much of his childhood and adolescence staying with Pablo Picasso in the South of France. His parents - the painter Roland Penrose, who later became Picasso's official biographer and war photographer Lee Miller - were friends of the artist. Being a good friend of Picasso and choosing photography as a career, Lee Miller was able to capture Picasso in a very personal perspective, which can clearly be seen in Lee Miller's section for the exhibition with dozens of chronologically ordered photographs, during the Spanish Civil war, World War II and after the Liberation. When questioned about having her work in the same exhibition as Picasso, Anthony said "It is the first time Lee Miller's photographs have been to Portugal

and it is extremely satisfying to see her represented together with Picasso."

When speaking of the other pieces, created by Portuguese artists who have been influenced by Picasso in some way, Penrose spoke highly of them "There is some wonderful work of high international standard; it is good to see how far Picasso's influence has reached." He was also impressed by the way Portimão produced such an amazing permanent structure for the exhibition "It is an amazing gallery which will make it a constant venue. It is a very bold stroke to appear in the art world like this but art investments give places interest and integrity, as well as attracting higher spending tourists. I think in future years it will be an international venue."

Rui Paes, Portuguese artist originally from South Africa and completing his MA at the Royal College of Art, praised Anthony for his dedication to his parents work and by the fact he provided Picasso originals. Speaking of the exhibition, the Coordinator said: "It is a good opportunity to approach Portuguese painting from a different perspective by not only seeing the author, but a whole line of thought and also to appreciate very good paintings."

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Fatacil always a favourite affair



It is one of the Algarve's biggest events of its kind. FATACIL – an annual fair mixing traditional handicraft and industrial commerce – has over the past few decades grown from a town market to a popular event that thousands wait in anticipation for and flock to in droves.

This year was no exception and figures have not been disappointing.

No expense was spared on entertainment, and, with one of Portugal's biggest and most popular rock bands, Xutos & Pontapés, still to play on Sunday (the band is in fact a regular appearance at Fatacil and often the high-point of entertainment), figures are expected to rise significantly.

Literally everything and anything can be found at Fatacil, with hundreds of stalls selling anything from Moroccan carpets to the latest in kitchen utensils and horse-riding equipment.

Most stalls offer the experience of watching craftsmen and woman create their products from scratch, using techniques that have been passed down for hundreds of years.

Dozens of different types of traditional foods and drinks from all over Portugal can be savoured, from full meals to snacks and cocktails, and livestock including horses, cows, sheep and goats can be seen. Every night fantastic displays of horsemanship are put on for the equestrian enthusiast.

If you have not yet been to Fatacil do not miss the last chance this weekend to see one of the most impressive shows.

Sardines swim past previous records



From August 8th – 17th Portimão host its 14th annual Sardine Festival, which this year beat all previous attendance records welcoming over 80,000 people, an average of eight thousand people per day.



A continuous supply of sardines to feed the multitude of visitors.



Portimão promenade was the location of yet another successful year.

Quarteira protesting prostitution



Prostitution in Quarteira has been steadily rising over the past years, mainly due to the influx of immigrant women from Eastern Europe, Brazil and Africa. At the moment there are 80 street prostitutes in Quarteira, according to AIDS Support Movement.

"I have been working on street projects in contact with prostitutes for seven years and have noticed the rise in the number of prostitutes, mostly foreign ones" said a psychologist who is part of the AIDS Support Movement.

Most prostitutes start working on 'Sic Street', connecting Quarteira to Vilamoura, at dusk. They sell their services for as little as €20 and many times must settle for less as the interested parties haggle and the harsh competition forces them to accept the cheaper price.

Their clientele is extremely varied; labourers, doctors, lawyers, tourists, students and even the elderly drive down the street at an idle speed to satisfy their urge, explained the psychologist who has been helping women protect themselves from sexually transmitted diseases for the past seven years.

Quarteira's prostitutes classify Portuguese men as 'good' customers, not only because they pay on the spot, but also because they are not as aggressive as foreign citizens. For example, Romanian prostitutes do

not want to sell themselves to men from their own country, especially when they are drunk, as they can become violent.

The AIDS Support Movement distributes condoms and information pamphlets teaching prostitutes how to put on a condom even if the client does not want to use one: "We teach them to put the condom on with their mouth, without the customer noticing they are putting it on" said the psychologist, stressing that it is vital that prostitutes protect themselves from contracting diseases as well as stopping their spread.

In 2007 there were 80 prostitutes working in Quarteira, 78 women and two transsexuals, 65% of them were foreign.

Many of them come to work on the famous street, famous because it was once part of a special report by SIC, thus the name 'Sic Street', for the summer season in the Algarve and when winter arrives only the local prostitutes remain, most of them working to feed their drug habit. Foreigners, on the other hand, work the street to sustain their families in their homeland.

Organised by the local City Hall and Expo Arade, EM, the greatest number of visitors was registered on Sunday August 17th, the last day of the festival and its grand closing ceremony.

Tourist injured trying to save dog from freak wave

A woman had to be airlifted to hospital after jumping from a three-metre height into the sea and suffering serious injuries whilst trying to rescue one of her three pet dogs from a freak wave on Praia dos Caneiros, Ferragudo.

The dog was reportedly caught by the freak wave that flooded many of the Algarve's beaches last week, at around 16:00 in the afternoon. One of the tourist's three pet dogs, a Yorkshire terrier, was killed in the incident.

Accompanied by two other people, a man and a girl, who escaped the incident unharmed, the woman, said to be in her 40's, was assisted in the water by a lifeguard, who found her "unable to move and with her knees covered in blood".

It is not clear whether the woman jumped onto, or was dragged by the wave into, some rocks.

She had to be evacuated by helicopter and was taken to hospital, where a source confirmed nothing was broken.

Following the entertainment, which boasted a star-studded line-up of national and international artists including La Fura dels Baus, Camané, Orishas, Da Weasel and Martinho da Vila, was the

nightly firework display that was nothing short of impressive and lasted at least fifteen minutes each time.

Seven restaurants renowned for their sardines participated in the festival, offering regional

snacks and tapas, as well as the famous fish itself. Dozens of handicraft stalls showcased the best of local produce, as well as many other stands dedicated to regional and national sweet delicacies.

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A promoter of the Ferragudo Marina reveals the details of the project valued at around €50m. (Photo: The Portugal News)

Ferragudo Marina becomes a reality



Work on the future Ferragudo Marina, which is estimated to cost around €50 million, will start in January next year and looks set to completely transform the Arade River's left bank.

The first phase should be complete within 12 months.

Minister for Economy Manuel Pinho visited the site this week to learn more about the project. According to Eurico Correia, administrator of the project's promoters Marinas do Barlavento, it will "take over an area that shows visible signs of degradation, a true garbage dump, and will be totally revamped, becoming an area of great interest for the Algarve and for the country, as well as creating three to four hundred jobs".

Pereira Coutinho, the project's main financer, was greatly complimented by Minister Pinho, who said "I congratulate you and wish the best of luck to all those who invested in one of the county's most dynamic areas, an effort involving private financers, authorities, and the Government".

Ferragudo Marina will be built on an 18-hectare area, five of which cover water, having a capacity for 319 boats. The project includes 51 houses, 128 apartments, a five-star hotel and a shopping area".

Marinas do Barlavento suffered a blow to the project when they had to move their townhouses back 50 metres from the water front, and when eight of the houses had to be dropped, meaning a heavy loss of revenue from one of the projects most valuable aspects.

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GNR tracking down car thieves



An outbreak of thefts in cars, Mercedes being the preference, has hit the Algarve. Portimão GNR identified a suspect last week and recovered stolen goods, a gun and a stolen car.

A resident at Montes de Alvor called the GNR after he saw an individual stealing the contents from a car in the vicinity. The thief managed to get away before the GNR arrived, but the car he was travelling in was identified shortly after, outside the camping park in Alvor. GNR asked the suspect for identification and when he was unable to provide it, he was taken to the GNR Post. It was there where he was identified and officers discovered he had a previous criminal record.

In the Western Algarve, the crime wave has been felt in Portimão, Alvor, Albufeira, Armação de Pêra, Lagoa and Lagos.

full of stolen goods. His car was also seized, as it was reported stolen in Sintra, and a loaded Pietro Beretta handgun was in the vehicle.

Dozens of thefts from cars have been reported in the Algarve during the past weeks Mercedes being the most favoured brand of car. The GNR suspect a gang is working together, with some sophistication as the alarm systems are usually neutralised.

In the Western Algarve, the crime wave has been felt in Portimão, Alvor, Albufeira, Armação de Pêra, Lagoa and Lagos.

Dr John Piper MB, BS, FRCS

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3rd Annual Backpack Appeal for Schoolchildren in Need

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Last year they were available from Continente from 5 Euros upwards. Please choose large enough for A4 sized books. They should be in the shops from 21st August.

For more information about this appeal please contact David or Celia Mossman on 282 332 665 or email dacemoss@sapo.pt

Please deliver backpacks to Castelo dos Sonhos in Silves or the Hotel Garbe in Armacao de Pera between 21st August and 5th September, 2008.

Modelo Lagoa closing

Since its opening on December 13th 2006, the 3,000 square metre supermarket owned by the Sonae group has never changed hands, until now that is, although earlier takeover rumours abounded. Earlier this year there was speculation Pingo Doce would be taking over the local supermarket, but then it bought out Plus, near Lagoa's main roundabout.

This week, Modelo Lagoa informed its customers that the Portuguese owned supermarket would be changing hands.

A sign placed outside the store reads as follows: "Following the process of acquisition of the former Carrefour re-

tail stores, your commercial centre Modelo Lagoa will close on 29th of August. This commercial centre will re-open soon with a new ownership." As a reminder, Sonae group bought all Carrefour's stores in Portugal earlier this year for €662 million.

Staff at the commercial centre informed *The Portugal News* that Pão de Açúcar, a Brazilian supermarket chain, will be the new owners of the shopping centre. Pão de Açúcar group is a company engaged in business retailing of food, general merchandise, electronic goods, home appliances and other products.

The Modelo Lagoa was a six million euros investment at the time and created an estimated 125 direct and indirect jobs for local residents.

Forty pint binge kills footballer

A 27-year-old footballer on holiday in Vilamoura killed himself after drinking more than 40 pints and 30 'alcopops' during an end-of-season team break in May 2007, it has recently emerged.

Mark Drew was rushed to hospital a day after returning home from his holiday, to his hometown Gloucester, after complaining of stomach pains.

Mr. Drew and his Horsley United FC teammates had embarked on heavy drinking sessions across their stay at a resort in Vilamoura, Portugal. It is thought they drank solidly during their stay in the Algarve, on most days from early afternoon until the early hours of the morning.

Admitted to Stroud General Hospital doctors diagnosed Mr Drew with suspected pancreatitis and immediately transferred him to Gloucestershire Royal Hospital's intensive care unit. He was later transferred to Glenfield Hospital, Leicester, where he spent nine days before he died.

September - Central Algarve

Coaching - What is it?

Coaching is the fastest growing and most effective human resource tool in life and business today, used by companies of all sizes, from Panasonic, Shell, Vodafone, to smaller businesses here in the Algarve. A personal or corporate coach can help you to develop confidence and ability to move forward in a more effective manner. Dr Janice Russell will be delivering an informative and lively session to explain more about the benefits of coaching for you and your business decisions.

Janice is a coach and writer resident in the Algarve. She coaches at personal and corporate level, teaches coaching to Masters level for the University of Hull, UK, and has several publications on coaching pending. Janice is also a writer and writing tutor, and enjoys the two complementary professions. You can contact Janice on 937305585 or at janiceinsight@gmail.com

Wednesday September 10th 2008

Network Lunch at Browns Sports & Leisure Centre, Vilamoura

12:30 pm for 1:00 pm – Time to Network

Cost: Members € 15 Guests € 20

Please book no later than noon on Monday, 8th September



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British child taken into care after mother's reported holiday neglect



An eight-year-old British girl was allegedly abandoned by her mother in a hotel room so her parent could indulge in drinking sessions whilst on holiday in Portimão, on the Algarve.

Dr. Luís Villas Boas, of Faro children's institution Refugio Aboim Aseñão, confirmed to **The Portugal News** "A British Girl was brought to us on 17th August at 5am, by request of the Social Security and the State, through our emergency SOS Child service."

"She stayed for 72 hours, which is the maximum amount of time a child over the age of five can stay here [in these circumstances] and then left on the 19th escorted by the same people who brought her in, staff from Social Securities/the State, and not by another person as some press reported. Whilst she was here she played and cried a little for her mother, then she was taken to a care institution in Loulé", he said.

Dr. Villas Boas refrained from commenting on the circumstances in which the girl had been brought in, or from offering information about the parent.

Some reports claim it was neighbours who called the police, troubled by the fact the girl had been abandoned several times during the holiday in

Portimão. The girl's mother is said to have gone out drinking in the city, leaving her daughter alone in their holiday apartment.

On the night in question it is thought the mother may have gone to Lagos.

When she did not return home, the girl was placed by state services into temporary care at the Faro Refugio before being taken to Loulé, where she still remained at the time of going to press.

Another report suggests the girl and her mother had been holidaying in Portimão when they ran out of cash and then travelled to Lagos, where they may have been sleeping on the streets, before being taken in by friends.

It has been said a friend of the couple gave them a home and then took the child to a police station in the city.

A spokeswoman for the British consulate confirmed that the girl has been taken into Portuguese care. She told the British press: "We know about this case of the eight-year-old girl and mother who are in trouble and our consulate in the Algarve is assisting them."

The Daily Mail quoted Faro

PSP Sub-Commissioner Ricardo Pereira, who said, "The girl was with her mother in Portimão.

"They were staying in a hotel but then the mother was short of money. She had to leave, so she went with her daughter to Lagos which is approx 20km from Portimão.

"A couple who are friends of the lady saw their situation - they were sleeping on the streets - and took them both into their home."

He said a concerned friend of the couple took the youngster to the police station on August 17.

"The person involved thought the child was being neglected," added Mr Pereira.

In May three British children were taken into protective custody after their parents allegedly fell into a drunken stupor while on holiday in the Algarve. Eamon and Antoinette McGuckin denied the claims, saying that they had been overcome by the heat. They fled back to Northern Ireland before they were due to appear in a Portuguese court.



Fado singer Mariza, considered the modern-day Amália Rodrigues

Mariza moves Albufeira



Considered one of the greatest Fado icons of present times, the modern-day Amália Rodrigues, charismatic singer Mariza took to the open-air stage of Albufeira's Pescadores beach, bringing celebrations for Day of the Municipality to a close with a spectacular and moving concert.



Mariza drew thousands to the beach, filling the sands

Irish developers Oceânico to produce ecologic energy for luxury hotels



Oceânico are to power their luxury developments with the 'green' energy, using the likes of solar power feed pool heating, producing their own energy with photovoltaic solar systems, and re-plant golf courses with cork trees to shade and protect fauna.

The Irish group's luxury 'Amendoeira Golf Resort', will be officially inaugurated at Alcantarilha (Silves) next month, is to be the first example of an ecological hotel, using solar energy to heat the resort's pools as well as kitchen and bathroom water.

In their prestigious, 69-hectare 'Vilamoura Golf e Garden Resort' the objective is to produce their own energy using 194 photovoltaic solar systems, otherwise called micro-generation.

Through micro-generation, the Oceânico group will be producing 686 megawatts of potency, and, on the other hand, avoiding the emission of around

486 tons of carbon dioxide (CO₂).

Vilamoura Golf also intends to install 194 solar panel systems, to heat water for guests, further cutting CO₂ emissions by 133 tons.

The Oceânico group is one of Portugal's largest real estate and golf operators, specializing in developing four and five star luxury resorts and holiday homes.

Accompanied by traditional Portuguese guitars and Fado violin, Mariza drew thousands to the beach, filling the sands with more than 60,000 people.

She performed some of the most well known Fado songs, as well as a selection from her latest CD, in which she collaborates with other great Portuguese artists, like the 'Father of Portuguese Rock', Rui Veloso.

Albufeira Mayor Desidério Silva was amongst those at the concert, enjoying his front row seat and thanked Mariza for poignantly marking Albufeira's 504th year as a city.

The evening was round off with a breathtaking firework display.

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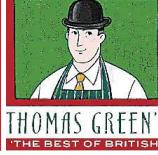
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Re. McCanns

SIR, Ron Lavery is perfectly correct that no amount of adult supervision can give 100% protection against the abduction of a child. However, he occurs to have very little concept of what the law of probability is since he goes on to say, in the following paragraph of his letter, that the chance of something untoward happening would have been enormously reduced if the McCann's had stayed at home (presumably he means had provided supervision for their sleeping child). In this he is correct and it is because they did not reduce the risk that they must bear the principal responsibility for the abduction of their child.

I am afraid I find the concept that the survival of my child owed more to the laws of probability than the supervision provided laughable.

H.H. MAINPRICE, By e-mail

The McCanns

SIR, The strong anti-McMann resentment expressed in two of the letters in your letter page of 23 Aug. has prompted me to re-read the letter from H.H. Mainprice in the previous week's letter page (16 Aug.) which your correspondents so much endorse. Mr Mainprice starts by saying that the McCanns "appear intent on blaming the Portuguese police for the disappearance of their daughter Madeleine". I am not aware of them ever having blamed the police for that. He finishes by blaming the McCanns for Madeleine's disappearance be-

cause they left her unattended. Whatever one thinks of their decision to leave her (and I tend to the view so well expressed by Ron Lavery that parent's presence does not always ensure safety) that was not in itself the cause the child's disappearance. The culprit/culprits are the person or people who took her. So this "blame" game is better avoided.

What I think irks your three anti-McCann readers is the McCanns' recent complaint, made after the Portuguese police released their files, that the time spent following up the notion that the McCanns had killed or arranged for the abduction of their daughter themselves detracted from following up more relevant lines of investigation. I realise that such a complaint implies criticism of the police but in my view it is justified. The evidence of the sniffer dog was important but not conclusive and a brief period of reflection and deliberation should have shown the police that there was no motive for the McCanns to get rid of their daughter and that if they had got rid of her they would want minimum publicity.

As I see it the police made an error of judgement which added unnecessarily to the anguish of Madeleine's parents who will inevitably spend the rest of their lives regretting that they left their daughter unattended for 30 minutes in what they thought were safe surroundings.

NORMAN WALKER,
Moncarapacho

Response to Ron Lavery

I pleased to see that at least this time Mr Lavery has acknowledged that he is a lone voice in his contribution to this week's Ron Lavery column (AKA Letters to the Editor).

Firstly, I would like to address the theories that abound regarding the Madeleine McCann case and clarify his clear statement that she was abducted. Some commentators insist that she was abducted by a stranger, whereas others are convinced that the parents were directly involved in the child's disappearance, accidentally or otherwise. But it has to be made clear that there is absolutely no evidence to indicate one way or another just what happened and Mr Lavery's statement of fact must not be taken as read, rather than as his own opinion – perhaps he would like to respond and acknowledge the latter point?

Now, let us for the time being assume that it has been proven that there was an abduction – does this man seriously expect anyone to believe that had Madeleine's parents been in their apartment at the time of the alleged abduction, then it would still have happened? That is stretching the bounds of credibility, despite his claim that "many children" have been snatched from their beds and wandered out of the house whilst the parents sleep in an adjoining bedroom (incidentally the latter comment is diametrically opposed to Mr Lavery's abduction theory). I would like to invite Mr Lavery to quantify and substantiate just what he means by "many children".

The comparison of a child drowning whilst responsible adults are close by is simply not acceptable; to the best of my knowledge, not one child has drowned between 9.00 pm and 10.00 pm whilst the parents have been close by. It is true that su-

pervision does not prevent tragedy – simply turning ones back for a few seconds can have a devastating result, but to state that everyone whose child has survived childhood should count themselves lucky is far too sweeping a statement to make. To put it into context, thankfully only a very small number of children disappear, and I am sure that the "many children" that Mr Lavery refers to is also a small percentage.

I would refer Mr Lavery to the letter from Guido de Carvoeiro who makes valid points concerning parental responsibility, and add that by his derogatory comments about a previous correspondent not leaving their child unsupervised, one is left to assume that Mr Lavery has his own children whom he left alone and unsupervised and since they survived he condones leaving three children under 4 years of age alone in a strange room in a strange country.

LESLEY FRASER, By e-mail

Sapo broadband

SIR, If readers using Sapo to access Broadband live in a poor reception area like Messines, they may be paying more than they need to. To check just type 'Speedcheck.net' into Google, follow the simple instructions and get the current download and upload speeds. Do this at various times over a couple of days. Then compare the results with the amount given on the back of their monthly bill. If the figures differ significantly they should contact Sapo. In my case, although the download speed is usually much less than 1Megabyte per second I was being billed for 6.

I contacted Sapo on 707 22 72 76 (Press 9 for an English speaking operator) and a very helpful lady explained how to have my tariff reduced to 2 Megabytes, which will save me over €10 a month. Now, how many beers

will that buy over the course of a year?

RON LAVERY, By e-mail

The Portuguese Policia

SIR, I have never seen such lack of concern from the police. I admit that they are underpaid and should be paid for overtime, but they choose to be policemen, yet they do nothing about cars that park illegally like on AV Saboia Monte Estoril. When I asked a policeman about it he just said there are not enough places to park so we do not bother. My question then is why put up the signs that say you can not park.

Another problem is talking on the phone while trying to drive. That is what hands free is for and it is the law that you use it however no one does and when a policeman sees someone on the phone while driving, they just turn their back.

Now we are having all these banks and gas stations robbed and the police can not catch them and if they do and it is less than a five year sentence, they are let go. What kind

of laws are these. All these people come from other countries to get work and when they can not they steal. The police need to do more, they talk about all the people they have stopped for speeding and drunk driving and that is good but what about the rest of the crime that goes on, car jacking, bank robbery, homes being robbed and so on, yet every time I pass the police station in Cascais there are always 6 or 8 police cars there and lots of policemen standing around talking.

I love living in this country but the police are awful and the laws are screwed up and they do not care. This is not to say all police are bad, far from it but more attention needs to be paid to assault and robbery and less to people driving home who have not done anything wrong nor are they driving badly. Ask the McCann's, they still do not have their daughter and the police have given up trying to find her. This is what your tax dollars are paying for, poor police work and a 'I do not give a damn' attitude.

JEAN LOMONT, Cascais

Fines, from p.1

The National Road Safety Authority (ANSR) has admitted that it stands to lose at least 28.2 million euros over a legal wrangle which is set to result in the expiry of 330,000 traffic fines. These figures were released this week as the ANSR renews its attempts to convince the Accounts Tribunal to ignore its failure to comply with certain legalities and allow it to retrieve cash from these outstanding fines before the statute of limitations on them comes into effect.

Hundreds of thousands of traffic offenders could be let off from paying a total of 28.2 million euros in fines it emerged this week.

Chaos in the retrieval of fines came in the wake of a shake-up at the DGV road authority, which has resulted in regional offices being closed and more than 140 employees assigned alternative jobs and responsibilities, and hundreds of thousands of fines are now in limbo and could be scrapped totally.

Current estimates show that there are currently 330,000 fines pending at offices of the now defunct DGV, sources indicated in comments to *Público*.

The ANSR, which has now taken over the handling of traffic offences and fines, is currently embroiled in an action seeking to have these fines transported to their offices, a move declined by the Accounts Tribunal.

The ANSR had agreed to pay a transport company €660,000 (excluding VAT) to move these fines to their offices, but the Tribunal ruled back in January that a public tender should have been issued.

The Government, arguing that no tender had been released due to the urgent nature of the transfer of the fines as many were on the verge of passing the statute of limitations and could no longer be charged to drivers, insisted on not opening a public tender, though the Tribunal has so far stood its ground, and indications are, it will not change its mind.

The Tribunal is arguing that the Government should have thought of issuing a public tender for the transfer of these fines prior to announcing the closing down of the DGV and hence had no legitimate

claim to "urgency" in selecting a company without first requesting other quotations.

As it stands, drivers who committed traffic offences in 2005 and the start of 2006 are now not far from avoiding paying fines or facing additional punitive measures such as having their licences suspended or revoked.

Earlier this year, it emerged that traffic police in at least five districts, including the Greater Lisbon Metropolitan Area, had been unable to use their speed measuring radar guns due to the apparent lack of maintenance of the equipment.

The situation was reportedly due to the non-renewal of the contract between the GNR BT traffic police and the company maintaining the radar guns.

The situation meant that whenever these highly sensitive radar guns experienced a mal-function, they were shelved awaiting repair by a company yet to be assigned the task.

While impossible to be exact, police are thought to have lost thousands of euros in revenue from fines they would be issuing had they been equipped with functional speed guns.

According to *Público*, in districts that include Lisbon, Oporto, Beja, Leiria and Viseu, traffic police are using faulty radar guns in order to "deceive" motorists.

"Radar guns that are placed alongside roads or used in police cars are now only there to deceive motorists" a traffic police source was quoted as telling *Público*.

Police refused to officially comment on this situation, which is also said to stem from the re-shuffle of the former DGV road authority.

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Portuguese for all

Na lição de hoje vamos continuar a trabalhar com alguns textos sobre as memórias da infância de algumas pessoas.
Até à próxima lição, Emília Rosendo.

Exercise: Put in the 'Pretérito Imperfeito do Indicativo' of the verbs in brackets.

❖ A minha mãe _____ (contar) -me muitas histórias, _____ (levar) -me a visitar museus e exposições e também _____ (ir) comigo ao cinema. Quando o filme _____ (acabar), nós _____ (ir) a uma pastelaria e aí _____ (beber) um refresco e _____ (comer) um bolinho.
 ❖ Eu e o meu irmão _____ (ter) um cão que _____ (chamar-se) Piloto. O Piloto _____ (ser) obediente, meigo e muito nosso amigo. Nós os dois _____ (cuidar) dele muito bem: _____ (dar)-lhe banho, o que ele não _____ (apreciar) mesmo nada, _____ (passear) com ele de manhã e à tardinha e até lhe _____ (preparar) a comida. Nós _____ (ser) uns donos responsáveis e, sobretudo, muito amigos, tal como o nosso cão _____

(merecer). Durante a semana, quando nós _____ (ir) para a escola, o Piloto _____ (ficar) muito triste em casa. Até _____ (parecer) que ele também _____ (querer) vir connosco para aprender a ler e a escrever.
 ❖ Eu _____ (saber) tocar piano muito bem e que _____ (gostar) imenso de cantar. Ela _____ (cantar) ópera e eu _____ (achar) que ela _____ (ter) uma voz verdadeiramente fantástica. Eu _____ (costumar) visitá-la porque ela _____ (ser) muito amável e até me _____ (deixar) tocar piano.
 ❖ Eu _____ (conhecer) uma menina muito especial com quem eu _____ (adorar) brincar. Ela _____ (ter) um problema de saúde que a _____ (impossibilitar) de brincar na rua como as outras crianças, por isso eu _____ (ir) frequentemente à casa dela e aí nós _____ (passar) bons momentos.

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The man who knows what's what



Thomas Grünberg makes people happy, although he is not carrying the lottery millions in his suitcase. The 56 year old German is a drain cleaner, the man for unpleasant emergencies. For the last 10 years the father of three has been ready for action, covering all of the Algarve.

Golfballs in the drains or roots in the sewage system - small problems for Thomas: "Some people think our job to be disreputable, but we are working with modern technology. With the help of an inspection camera, electronic detection system, root cutters and high pressure jets we free the drains with ease." He refuses the use of chemicals: "The Algarve is a sensitive ecological system. Many substances can cause severe damage, which is why their use is strictly forbidden in Germany." That's where he learns his trade. They demand a lot from tradesmen and the regulations are very strict: "I also stick to the same quality in Portugal." A common problem in the sewage systems in the Algarve are

the 'caixas', manholes where the pipes of bathrooms and kitchen come together to continue into one pipe that leads to the mains or into a septic tank. Many times these 'caixas' are not visible, either hidden in the garden or even under the tiles of the patio. If roots grow into them, the whole system can be blocked.

So the roots have to be found, which can be done easily with the help of good equipment. Thomas has a cooperative partner for all necessary plumbing and tile works.



He left Germany in 1993, where he made his living with a car workshop and the export of machines. He runs a small workshop here as well, but his main job is the drain cleaning, with the support of his youngest son. The 22 year old studies ICT in Aveiro in northern Portugal and is considering joining the family company. The family has lived in Portugal for 15 years: "This is our home, we have never lived for this long in one place", because, in reality, the Grünbergs were globetrotters. They have lived in many countries and travelled a lot but finally settled in the Algarve. "The good thing about my job is that I can help my clients out of hopeless situations and they always say farewell to me with a smile."

For more information on Profilimpo please call Thomas Grünberg on: (+351) 914 145 117.



Get more for your money



We all know that times are hard this year. The Euro exchange rate. The downturn in most European economies. The infamous Credit Crunch! In times like these it's most important to do whatever we can to make our money go further.

Why not take advantage of Zonda's Summer BBQ Sale and choose from the widest range of high quality gas BBQs in the Algarve at up to 30% off! This offer is valid only as long as stocks last so don't delay. And remember that Zonda may take your existing BBQ in part exchange.

If you are not ready to commit to a new BBQ why not extend the life of your existing BBQ by availing yourself of Zonda's improved and extended Service Offer.

Zonda have always serviced

and refurbished BBQs supplied by their business, but now this offer is extended to all BBQs wherever they were purchased. Zonda are the only BBQ stockist in the Algarve to hold a stock of spares for Weber, Beeferer, Broil King and Sterling BBQs. They also stock some Universal Spares that will fit most manufacturers' BBQs and their workshop facilities and expertise are second to none.

Their services go further still! If you have Patio Heaters or Pa-



tio Furniture needing attention, they will refurbish these items for you through the winter so you will be able to enjoy the outdoor life next spring without having to buy new.

Whatever your choice of outdoor furniture Zonda staff have ways of improving not only its looks but more importantly its lifespan!

Don't leave it until next season begins because you risk being disappointed and anyone who takes advantage of Zonda's service facility before Christmas will benefit from a 10% discount off normal rates.

To take advantage of these offers visit the showroom on the EN 125, east of Quatro Estradas near Almancil, or telephone 289 356 233, or visit their website: www.zonda-thebbqshop.com.



Mister Cool's heating things up



It is time for another update of Mister Cool! With the cold season just around the corner, Mister Cool is now focusing on pool heat pumps and solar heating systems.

Telmo Rodrigues has always put the customer in first place during his eight years in the business and tries to be a step ahead of the rest at all times. Although for many businesses the end of summer means a diminishing workload, Telmo likes to think otherwise: "Now is the time many people like to prepare for the cold season and Mister Cool is here to cater for their needs." He says the new heat pumps for swimming pools Mister Cool is selling are fantastic. Made in England, the Calorex titanium heat pumps are super silent, super efficient and give an incredible power output, as well as an extremely competitive quality/price ratio. Pumps are available for any sized pool; all that is needed is the crunching of the numbers to see which pump is the most adequate. Still in the pool department, Mister Cool also offers pool maintenance, such as the maintenance of pumps and pipe work to ensure the usability of the pools.

With the world's tendency, and

necessity, towards eco-friendly systems, solar heating systems have now become an essential in the sunny Algarve's homes. And why not, the Algarve has an average of 320 sunny days a year! Mister Cool now has new solar systems, Megasun and Rigsun, world renowned for their quality by people in the business as well as the thousands of happy customers. Mister Cool will deal with everything; a team of fully qualified technicians will install the whole system in the blink of an eye and if the sun is shining, customers can have hot water within two hours!

For people who still feel the need for air-conditioning, Mister Cool always has the best quality units. All his air-conditioning units, Daikin, General Fujitsu, Mitsubishi or Sharp, are Class A



in energy consumption and use ecologic gas(410-A)which makes the systems extremely silent whilst helping the environment at the same time.

Located near the Elephant Carwash in Lagoa, the showroom is open weekdays from 9.00 to 18.00 but on Saturdays they close at lunchtime.

So, whatever your needs, Mister Cool can deliver. Do not hesitate to call for a free quote or information: 282 381 364 or speak to Telmo directly on 91 717 5818. Email: mistercool_telmorodrigues@hotmail.com. Mister Cool will also have a stand at the BLIP exhibition on October 11th and 12th, where some of its best products will be on show.

Luzdoc, 24-hour health care



Luzdoc, an International Medical Service, is a thriving, ever-growing, private clinic and assistance company, which provides comprehensive healthcare and assistance to both the resident population and international travellers.

Luzdoc has existed, although not with this name initially, in Vila da Luz since 1981 as a basic doctor's surgery. In 1983 the current managing director, Dr Maria Alice Pestana Serrano-Silva, began work at the surgery, which at the time was floundering due to a lack of clientele. Under her direction and through implementation of her ideas and vision there was a fast increase of clients and the surgery rapidly grew in size from an initial two consulting rooms to twelve, and so it remained until May 2001, with progressively more specialists and services available.

By 1994 the doctor's surgery had reached company status, acquiring the name of Luzdoc International Medical Service.

In May 2001 there was a further expansion of the premises and work force, with the subsequent increase of rooms to the present twenty one making it possible for Luzdoc to diversify the kind of support offered, allowing the development of many new and up to date services benefiting their clients' individual health needs.

The name Luzdoc is self-explanatory... the doctor in Luz! But it has grown beyond Luz and Luzdoc is finding other interests and other ways of approaching healthcare needs with a more global understanding of the word 'health' - encompassing medical, psychological and aesthetic care of your body and the important thing to remember is that Luzdoc has, in

the words of many residents, become indispensable for their health-care needs.

Dr Maria Alice Pestana Serrano-Silva was born in Lisbon and qualified as a doctor 40 years ago. She began her working life in one of Portugal's largest university hospitals, Hospital Santa Maria in Lisbon, and in 1974 finished her specialization and became a consultant in general and family medicine.

Whilst working within the state national health system it became obvious that there was a lack of medical services appropriate to the needs of the rapidly expanding international community, both resident and tourist, as well as the Portuguese community, which could not be catered for by the state system.

After moving to Luz Dr Maria Alice had many requests for medical services and a very important factor was her multilingual capacity, as she can communicate not only in English, but also French as fluently as Portuguese.

With the expansion of services in 2001 Dr Maria Alice added Dr Joanna Karamon, a General Practitioner, to the team. Polish born but brought up in South Africa, she has since become an important asset to the quality of the medical services provided.

Also of great relevance to the progress of Luzdoc has been the Chief Nurse, Niki Medlock who came to the area for a long holiday and never went back... and has now been part of the team for 12

years. Luzdoc proves size does indeed not matter where healthcare is concerned. It is quality and caring that counts, having the capacity to understand what people really need. Our health is something that changes throughout our lives and is unique to each individual, so Luzdoc is constantly striving to equip its clinic with the best 'tools' available to achieve optimum health, for its clients, therefore helping them to obtain the best out of life.

LuzDoc offers, in essence, a modern, well-equipped, efficient, diverse service with multinational staff who provide a professional, friendly atmosphere. Consultations in General Family Medicine and Medical Specialities are available, with on-site complementary diagnostic tests, health support, complementary therapies, travel medicine and vaccinations. Assistance services for the International Traveller are offered, as well as assisted booking of external examinations, 24-hour emergency service and primary health care are offered, amongst much more. Specialist consultations (emergency and routine), include psychology, nutrition, and physiotherapy. For more information or to make an appointment, call: (+351) 282 780 700, fax: 282 780 709, e-mail: info@luzdoc.com or see website: www.luzdoc.com. Opening hours are 08.30 – 20:00, or call the 24-hour emergency telephonenumber: (+351) 917 811 988.

PROPERTY

A 12 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 30 Aug 2008

PROPERTY OF THE WEEK

Moroccan inspiration



Casa Roma, located within the multi-award winning Parque da Floresta resort, is a tastefully audacious four bedroom villa inspired by Moorish culture. Lots of natural light and relaxing sitting areas make this property a real 'find'.

Casa Roma, number 152 at Parque da Floresta resort, is located at the top of a hill, giving it views that stretch from the West Coast all the way past Praia da Luz.

To enter the property one walks past the double garage and follows the stairs up to the Arabian inspired main door. Stepping into the home is literally like 'walking into the light' as the circular entrance hallway is flooded by natural light pouring in from the skylight above. Through the pointed arches and straight ahead is the living room, with the guest bathroom to the left and staircases, going up and down, to the right. The living room, with beautiful rustic floor tiles, is of a good size and offers amazing views in the westerly direction, over the golf course and all the way to Sagres. A cosy fireplace, situated between the two double-glazed sliding doors that lead to the outdoor terrace, will give the room a cosy feeling on those cold winter nights.

The dining room, part of an open layout with the lounge, can seat eight comfortably with sliding doors leading to a spacious outdoor terrace that wraps around the villa all the way to the lounge. A doorway on the left of the dining room leads to the fully-kitted kitchen with American-cherry wooden cabinets. Huge 'Belfast' style sinks and solid granite worktops give the kitchen

a luxury feel and the utility room located at the back has a washing machine and tumble-dryer, leading further to the drying area outdoors with splendid views to the east.

Backtrack through the dining room and lounge, and up the staircase to what could be considered the fourth bedroom. This room also has a fireplace and offers the same views as the lounge. The bathroom has beautiful stone tiles and is decorated extremely tastefully.

All bedrooms in this property have double built-in wooden closets and are en-suite, with each bathroom having its own personalized styling.

Back down the staircase and down again are the remaining bedrooms and access to the pool/patio area. The master bedroom is massive and its bathroom is truly unique: from Moroccan doors leading into the bathroom to the Moroccan sunken bath, created by a Moroccan stylist. All tiles in this bathroom were also imported from Morocco.

As you leave the master bedroom, to the left is a small flight of stairs showing the way to a corridor. On the right side are the two remaining bedrooms, both with patio doors through to the pool area. On the left side of the corridor is a very large room that is currently being used as a gym with a sauna and shower and the

second room is perfect as a TV/Games room.

The outside area has an immense patio, filled with sun loungers, a table, several seating areas and a built in BBQ. The pool is of bigger proportions than others on the development, and at the end of the pool, in the grass area, is a wonderful Jacuzzi. As the pool is larger, some grass area has been lost but it is not a problem because round the front of the house is a wonderful garden with a wooden gazebo where a quiet afternoon reading a book can be spent.

There are many advantages in buying homes at golf resorts, such as the free use of many amenities, restaurants located



nearby, safety, maintenance of gardens, and much, much more. This property is further enhanced

by these advantages. This magnificent, four-bedroom villa is selling for €1,450,000. For more information on this property please call Vigia Estates on 282 690 073 or email sales@vigiasa.com.



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The Vila has its own bore hole
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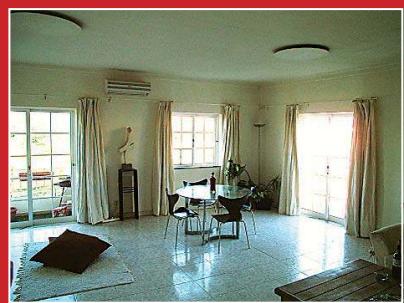
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P956V

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P965T

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€136,500 Quarter Share

V455T

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- 3 Bedroom, 3 Bathroom
- Fully Furnished
- Terrace & Garden
- Golf Rights
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€221,000 Quarter Share

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**Vilamoura**

Situated in a quiet area, 2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, kitchen and terrace. Communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 97 sq.m.

Ref: A1140 Price: € 150.000

**Vale do Lobo**

Beautiful apartment composed of 2 bedrooms (1 en suite), 2 bathrooms, lounge, equipped kitchenette and terrace. Construction area - 94 sq.m.

Ref: A1266 Price: € 312,700

**Vilamoura**

Semi detached villa composed of 3 bedrooms, 3 bathrooms, lounge, dining room, kitchen, storage, office, roof terrace & terraces. Garage, carport & barbecue. Swimming pool & garden. Furnished & equipped. Plot area - 290 sq.m. Construction area - 200 sq.m.

Ref: V12528 Price: € 475,000

**Sítio do Vale**

Beautiful villa located near Vilamoura, composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen & terraces. Barbecue, sw. pool, garden & garage for 3 cars. Furnished & equipped. Plot area: 938 sqm. Constr. area: 300 sqm.

Ref: V12520 Price: € 585,000

**Stº Bárbara**

Beautiful villa w/excellent panoramic views, composed of 3 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, storage, terraces & roof terrace. Garage, sw. pool & garden. Plot area: 3000 sq.m. Constr. area: 285 sq.m.

Ref: V12552 Price: € 690,000



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Price: € 175,000

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Price: € 515,000

**Vilamoura**

3 bedroom / 2 bathroom single story detached villa w/private sw. pool in landscaped gardens, 5 mins drive from Vilamoura's various restaurants, bars & Marina. This beautiful villa renovated in Summer 2006 now offers the perfect holiday home or permanent residence.

Price: € 545,000

**Vila Sol**

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Price: € 1,150,000



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**Olhão**

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Ref: MG-VIV-Oll4

Price: € 65.000,00

**Moncarapacho**

Charming refurbished townhouse, with a large roof terrace with privacy, overlooking the village the countryside and the sea for a fantastic price. Sold furnished.

Ref: MG-VIV-Oll3

Price: € 150.000,00



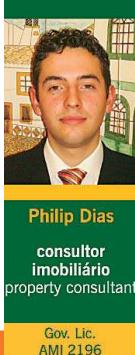
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Located on a rural region of central Algarve. Very peaceful residential area approx. 15 min. drive from Loulé, & 12 Km from Vilamoura. 4.200 sq.m. plot w/ approved project to build a detached 4 bedroom villa w/pool w/ 373 sq.m. constr. area + basement. Great panoramic country views. Excellent access. Fantastic investment opportunity!!!

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MATOS PICOTA MB82087

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RESIDENCE GOLF CLUB A82150

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Price: € 170.000,00



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Price: € 290.000,00



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Fonte Santa - Cacela
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Ref: LHT-853 Price: € 199.000



Moncarapacho
Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m², built in 2006.
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Ref. V-350 Price: € 635.000



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Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/C, wood burner. Garage/workshop, utility room, space for pool, own borehole. Ref. V-351 Price: € 269.000 / £ 188.000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. 300sqm plot. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for sw. pool. Ref. V-349 Price: € 445.000



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doors, as you would when stripping wallpaper; instead, keep it several inches away so you don't damage the melamine. Now take an abrasive but non-scratch sponge and scrub the doors with it as you steam. The paint should come off, though you'll need to clean off any remnants of it after steaming with a sugar-soap solution or all-purpose cleaner.

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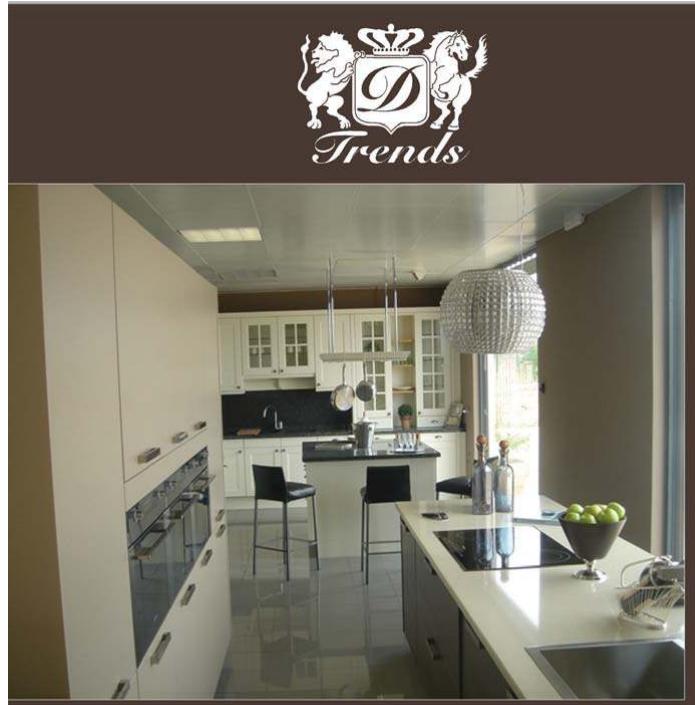
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Three ways to...



Trim topiary

1. Before trimming or shaping a plant growing in a container, stand it in a wheelbarrow, which saves you from having to bend over to cut it. The wheelbarrow also collects the trimmings as you work.

2. Curves can be cut freehand, but geometric shapes are more difficult and you will need spirit levels, plum lines and a straight edge to keep them tidy.

3. If topiary needs repairing, cut back the damaged stems and tie in new replacement shoots. Start trimming in early summer. If in doubt, don't trim. Pause regularly to review your progress.

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From plot to plate

Harvesting herbs

You need to know how to harvest herbs properly to keep them at their best. Leafy herbs such as mint, thyme and basil, should be nipped off where the leaf meets the stem. Crown-forming herbs, including chives and parsley, should be taken right back to near the base of the stems using scissors or a knife, a bit like pruning on a small scale.

For herbs with succulent leaves, such as basil, pick young or they will bolt and the leaves become tough and sour. Annuals such as parsley also need harvesting before they run to seed.

With evergreen herbs such as sage, cut off the flowers and give the plant a trim in late summer for a second flush of leaves.



Basil



Flat Parsley



Chives



Oregano

Best of the bunch



Passion flower (Passiflora)

I know that some gardeners avoid trying to grow these beautiful climbers because of their questionable hardiness, but if you have a sheltered spot on a sunny wall, have a go and you should be rewarded with beautiful rosettes until well into October. Among the most popular is the blue passion flower P. caerulea, which will cover an area up to 2.5m x 5m (8ft x 15ft), pro-

ducing large blue and white flowers which are often followed by yellow egg-shaped fruits which aren't as tasty as proper passionfruit. The top will die back in hard winters, allowing the roots to produce new flowering stems. In milder winters it may retain its leaves.

Other good varieties include P. caerulea 'Constance Elliott', which has creamy

yellow fragrant flowers from summer to autumn, and orange-yellow fruits.

Passion flowers climb using tendrils, so need the support of stretched wires, netting, trellis or a large shrub to climb through. They need to be grown in moist, well-drained soil in full sun, or in tubs of loam-based potting compost. Apply a winter mulch if you are growing them in cold areas.

Compete for the Cup

The International Algarve Fair will this September be launching a unique competition that is set to provide visitors and participants with endless hours of fun.

During the two-day fair a maximum of 16 teams will be vying for the title of becoming the first Human Table Football champions of the Algarve.

A side consists of five players, though substitutes are recommended as each team will play a minimum of three matches as they look to



qualify for the knock-out stages of the tournament. The cost of participating is €50 a team, with all proceeds being donated to the Lagoa Fire Department. Teams can represent companies, countries or merely be a group of friends. But as the number of teams are limited, interested parties are advised to contact Tommy Broad as soon as possible on tel: 282 380 317 or e-mail: tommy@the-news.net in order to have a shot at the inaugural International Algarve Cup.

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Divide and rule



If you want to increase your stock next year, take a notebook and pen around the garden now and jot down what plants need lifting and dividing.

It's one of the easiest ways to increase your stock of many herbaceous perennials including aster, campanula, delphinium, echinacea, hosta and stipa (of course some of these will only grow successfully in the northern regions of Portugal).

Dividing stops many herbaceous plants becoming overcrowded and losing vigour as they would over time if they were left alone.

Most perennials, which form mats or clumps, will benefit from being split up every three or four years, as the centre of the plant becomes old and tired and the vigorous parts are often evident at the sides. Division will avoid the problem of the centre of the plant looking bare and will give it new energy. Other more vigorous plants, such as asters, are best divided annually.

Many perennials, such as daylilies (*Hemerocallis*), form large clumps or crowns with a mass of fibrous roots, so two garden forks thrust back-to-back through the centre should be used, pulling the handles apart. To further divide the clump, use hand forks or cut away sections with a sharp knife after shaking off loose soil.

Plants with woody crowns, such as hellebores, or fleshy roots, such as delphiniums, will need cutting with a spade or knife. Try to produce clumps each containing three to five shoots.

Asters should be split into single, rooted shoots, while primulas should be divided into rosettes and sisyrinchiums into single, rooted fans.

Some plants, such as peonies and red hot pokers (*Kniphofia*), hate having their roots disturbed and should only be divided for propagation, unless they are very old and congested.

It's best to divide plants either in the autumn, when the soil is still warm, or in spring, as new

plants are starting to grow. Ornamental grasses, including bamboos, should be divided in early spring, when growth has just started.

Perennials which flower in spring and early summer, including epimediums and rhizomatous bearded irises, should be divided



The Echinacea flower.



Hemerocallis 'Penny's Worth'.

immediately after they have finished flowering.

Lift the whole clump with a spade and place it on a piece of thick polythene on the lawn.

Those with thick, fleshy roots, like hostas, are more difficult to prise apart and are better severed cleanly with a knife or sawn into pieces. It's best to do this in spring, when you can be sure that each piece you are cutting off has a new shoot.

With most plants, you can cut off the vigorous young growths from the outside of the plant and discard the old centre on the compost heap.

Bearded irises should be lifted after flowering in the summer and young rhizomes cut from the old plant. The leaves should be cut in half to stop wind-rock and replanted so the top of the rhizome is above soil level.

By next season, you should have an abundance of new plants

if you lift and divide them in autumn or spring.

Hannah Stephenson



Companula



Hostas can be grown successfully in Northern Portugal.

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Flagging it up at home

Flying the flag with stripes is a fresh way of heralding summer. We've chosen furnishings and accessories for smart rooms.

There's no better time to fly the flag and show your true colours - whether it's a show of support for our Olympic athletes on their return to the UK or because you just love a red, white and blue colour statement.

Union Jack accessories are considered the height of retro chic and tap into our desire for all things nostalgic and cool Britannia.

The effect to aim for is stylish, not kitsch. Avoid garish bunting and instead look for the design emblazoned on mugs, cushions, throws, rugs or even plates.

If you don't want to buy new homeware you can have some fun hunting down traditional examples of patriotic or flag-embellished homeware at car boot sales, auctions or fairs.

Grouped together as a display, items such as celebration flags can look quirky and add all-important 'personality' - a vital ingredient for today's decor.

This nostalgic theme has been picked up by top designers such as Vivienne Westwood and Tara Bernerd who prove that even a few accessories can instantly endow homes with character as well as a sense of warmth and homeliness.

Once you've taken those small steps into the world of colour you could even find you're won over by another trend following hot on its heels - stripes.

There's no need to limit yourself to the red, white and blue theme as stripes in every combination and colour of the rainbow are going to be a key trend this autumn.

It's part of the return of pattern and decoration to our homes as minimalism loses its grip on interiors.

So earn your style stripes or have a flutter with flags and make your rooms into winners.

Gabrielle Fagan



Striped Millerrighe porcelain 2 place setting, from Italian label, Guzzini. www.formahouse.co.uk



Aspen chair in Buck Palm Ruby Stripe, by Multiyork. www.multiyork.co.uk



Jamie Dream armchair in velvet, available from Graham & Green. www.grahamandgreen.co.uk



A floor tiled with Quick-Step Quadra Prato, priced from £25.99 (€32.60) a metre.

DIY News bulletin

If you want a stone floor in your kitchen, bathroom or hallway but don't think your DIY skills are up to it, Quick-Step has an alternative. Its Quadra stone-effect range of laminate flooring is easier to lay and maintain than real stone, which is tricky to fit and keep free of marks. Available in a range of finishes, including sandstone-effect Palermo and slate-effect Trento, Quadra not only has a realistic appearance but also a similar feel to real stone.

Quick-Step Quadra costs from £25.99 (€32.60) a square metre, and comes with a 25-year warranty. Installation is straightforward, thanks to the company's Uniclic profile system, and there's a range of matching accessories. For more information, visit www.quick-step.com.

• Electrical work often can't be tackled by DIYers safely or, indeed, legally, but JML has come up with a solution that's easy and safe to install and is perfect for cupboards, sheds and lofts where you need a permanent light but don't have a switch.

The StickUp Bulb doesn't require installation, wiring or drilling, though you can screw it in place if you want. If not, you simply put in four AA batteries and insert the battery cover, peel off the adhesive backing on the base and stick to a clean, dry, flat surface, then slide in the bulb unit it-



JML StickUp Bulb, £9.99 (€12.52) from ASDA, Debenhams, Woolworths and JML

self. You pull a cord to switch the bulb on and off and it's really safe to use because it's shatterproof and cool to the touch.

The bulb costs £9.99 (€12.52) from ASDA, Debenhams, Woolworths and JML www.JMLdirect.com

Top tips for... painting ceilings

• Like everything else, ceilings require preparation before you decorate them. This means filling any cracks with hairline crack filler (or, if there are floors above that people walk on, flexible filler), then sanding and wiping down. If the ceiling was papered before, ensure that all leftover adhesive and scraps of wallpaper have been removed before you do anything else.

• Some people prefer to use a normal paint roller, or one with a small extension handle, to paint ceilings, standing on a stepladder to do so. The advantage of this is that you can spot any problems, such as roller marks, and rectify them straight away so you get a better finish. The disadvantages are that you have to keep moving the ladder around, which is a problem if the room hasn't been completely cleared, and your arm may ache from holding the roller up. There's also the danger of falling off the ladder, of course.

• Other people prefer to use rollers with long handles (or long extension poles) so they can reach the ceiling from the floor. This makes the job easier but you'll still need to go up a ladder to paint around the edges with a paintbrush and because you're not close to the ceiling as you paint it, it's hard to spot imperfections and rectify them.

• Painting ceilings is messy so you need to protect your hair by wearing a shower cap, your eyes by wearing goggles and the floor by covering it with dust sheets. Try and completely clear the room if you can; if not, you'll need to protect the furniture as well.

• When decorating you should always work from the top down - so ceilings should be painted before everything else in the room. If you're not painting anything apart from the ceiling, be careful not to splash the other surfaces with paint. This means not overloading the roller and using it carefully, but still be prepared to touch up the other surfaces because paint can splatter even if you're really careful.

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An Obama-Biden Foreign Policy

Barack Obama, we are told, chose Joe Biden to be his running mate because he needed an older man, more experienced in foreign policy, to fill the gaps in his resume and reassure American voters that the United States would be safe under an Obama presidency. That's true, but it is assumed that he also chose him because Biden's views on foreign policy are not radically different from his own. Since American foreign policy still affects almost everybody in the world, that makes Biden's views very interesting.

Joe Biden, now 65, has been a senator since he was 29. For almost half that time he has been a member of the Senate Foreign Relations Committee, which he now heads. He has been around long enough to leave plenty of evidence about his view and his reflexes, and it is safe to say that he qualifies as a liberal interventionist (or, as they say on the other side of the Atlantic, a liberal imperialist). He has never met an international problem that he didn't think the US should help to solve.

Unlike the neo-conservatives, who are brothers under the skin to the liberal interventionists, Biden does not believe that every problem in the world can be solved by the application of US military power, but he does think that many of them can. He backed the US military intervention in Bosnia, the bombing of Serbia during the Kosovo crisis, the invasion of Afghanistan after 9/11, and the invasion of Iraq (although he subsequently had the grace to admit he was wrong and apologise for that).

Indeed, the Democratic vice-presidential candidate has even called for the use of US troops in Sudan, unilaterally if necessary. He would doubtless agree with Obama's famous remark (over Iraq) that he was not against all wars, just against dumb ones — but Biden's criteria for which wars are dumb wars are not very discriminating. A unilateral US military intervention in Sudan would make the Iraq fiasco look like a wise act of statesmanship.

On larger issues, by contrast, Biden has usually been a voice of moderation among the chorus

of Democratic hawks vying to outdo their Republican colleagues in their hostility to Russia and their enthusiasm for the "war on terror." He did support the expansion of NATO right up to Russia's frontiers (and visited Georgia immediately after the recent fighting), but he has resisted the temptation to paint Russia as the Soviet Union in sheep's clothing. And his contempt for the "war on terror" has been consistent and exemplary.

"Terror is a tactic," Biden has said. "Terror is not a philosophy."

It is a mantra that everybody in US politics should be required to chant each morning before work, even if it is slightly inaccurate. ("Terror" is actually an emotion. "Terrorism," however, is a tactic — a political tool or technique, more precisely — that can be used in support of a wide variety of causes. It is as misleading to declare war on terrorism as it would be to declare war on propaganda.)

Knowing this has enabled Biden to concentrate (most of the time, at least) on the need to eliminate the particular groups of terrorists that had attacked the United States, who were mostly located in Afghanistan and Pakistan. When he briefly supported the invasion of Iraq, he did not do so out of an ignorant belief that Saddam Hussein had links with those terrorists. It was his liberal interventionism that drove his decision, combined with a naive belief that the US intelligence services would not bend the evidence on Iraq's alleged weapons of mass destruction to serve the president's purposes.

So that is Joe Biden's take on foreign policy, and it probably isn't vastly different from Barack Obama's. The difference lies mostly in the "experience" factor, which tells you all you need to know about the value of experience in these matters. It is Biden's long residence at the heart of the Washington political/military/intelligence machine that makes him such a conventional character.

All that stuff about Obama being "not ready to lead" is simply a coded warning that he might not lead in the time-honoured, conventional way.

John McCain certainly would, and so would have Hillary Clinton if she had won the Democratic nomination. The selection of Joe Biden as



Barack Obama's famous remark (over Iraq) that he was not against all wars, just against dumb ones. (Photo: AP/POLITICO/www.politico.com)

his running mate is intended to allay those fears by linking Obama to someone who is deeply embedded in the conventional wisdom, but it doesn't actually prove that Obama is too.

There is still room for suspicion that Barack Obama harbours a secret desire to lead and move American foreign policy in a quite different direction, away from the traditional great-power realpolitik and

the occasional forays into liberal interventionism. That would probably appeal to Biden, and it would horrify the rest of the Washington establishment.

Vice-presidents don't have a

veto, so the choice of Biden poses no problem there. But the Washington establishment probably does have a veto, so whatever Obama intends, Biden will not be disappointed by the outcome.

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Gwynne Dyer.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.

Flow of the future

Karl Heinz Stock has big plans to revolutionise the reputation of Algarve wine. He took a dwindling vineyard, injected a healthy amount of vision and know-how, undertook a total revamp, and has created a unique winery that will showcase Algarve wine production as never before. Welcome to Quinta dos Vales.

"This was my last career goal", says Karl, a man with a past as interesting as his vision for Quinta dos Vales. He has an ability to turn his hand to any challenge, and come up trumps. He is however, intriguingly reluctant to focus on what was and now invests all his time and energy in Quinta dos Vales.

Karl made his name mostly in the banking and oil industries, having spent a lot of time in Russia. But from banking and oil to wine producing it is a huge leap.

"If you know how to manage a company, if you invest in quality technology and qualified man-power, then you can do anything", he says, "it just takes fine-tuning, like being the maestro of an orchestra".

So far things are going "according to plan", and since his takeover of Quinta dos Vales, located in Estômbar, 56,000 litres of superior quality red and white wine as well as rosé have been produced. This year's production target is of between 80,000 and 100,000 litres.

However, Karl's global aim is not "quantity, but quality".

"I don't want to produce lots of it, but I want it to be the highest possible quality", he says.

Already Quinta dos Vales' wines, which were officially launched in July this year, are being exported to Switzerland, and first steps have been taken in Germany too.

Quinta dos Vales spreads over 50 hectares of prime countryside, made prime, according to Karl, due to its unique positioning, in the central Algarve, sprinkled with sea mist and embraced by the Monchique Mountain Range.

Since taking over last spring, Karl has installed 35 kilometres of cable, 8000 square metres of cobble stone, and has radically revolutionised the vineyards and winery. He brought a blend of Europe's finest machinery to Quinta dos Vales, employed two of Portugal's top oenologists – Dorina Lindemann and Paulo Laureano – and introduced a totally new philosophy to how wine should be produced.

Vines have been thinned of bunches by up to two thirds; the ground is monitored using state-of-the-art equipment, precisely controlling humidity and how often vines are watered. Water has been rationed to a minimum, so grapes are "stressed" but have enough water to survive, a first-class laboratory has been created, harvesting is done only if and when the vine is ready and by variety, and the fermentation process has also been significantly altered.

And all this was self-taught. Quite impressive and the results are, in Karl Stock's own words, "better than I expected!"

Wine has long been one of the Germany-born entrepreneur's passions, along with sculpting and fine art, both of which are incorporated into Quinta dos Vales.

The beautiful vineyard also functions as a guesthouse and boutique holiday retreat; holds wine tasting, has an animal farm, a swimming pool, and an open-air sculpture collection, aimed at catering for the high-end luxury tourism market.

As of next year, it is hoped Quinta dos Vales will produce a limited edition of sparkling wine, another step forward for the blossoming industry and one to keep an eye on.

For more information, see: www.quintadosvales.eu.



So nice but not naughty!

TV's Celebrity Fit Farm chef, Sophie Michell, has some summer party recipes that won't pile on the pounds. Check out her delicious dishes which will still ensure you and your guests stay sleek and slender!

Glamorous Sophie Michell claims to know how we all feel when faced with plates of delicious food at summer parties.

"Tempted and unable to resist" just about sums it up," the blonde chef says with a smile.

"All those resolutions to not have this that or the other seem to melt away, don't they?"

While 25-year-old Sophie appears enviably slim, she has previously battled with weight problems and ME (Chronic Fatigue Syndrome). Her choice of career wasn't much help either.

"I've always loved food - I became a chef so that I could eat more - but a few years ago I found myself gaining weight," she explains.

"As much as I told myself 'never trust a skinny chef' I wasn't looking or feeling great and was spending too much time in doctor's surgeries."

"After getting lots of advice and ignoring diet and health books that seemed to be based on deprivation, I adapted my own balanced way of eating."

She says her health problems helped inspired her to create dishes that indulge the senses - but not the waistline - for her new book, Fabulous Food.

After losing more than two stone, Sophie is a great advertisement for her own "sexy" recipes for healthy living."

"Diet is still a swear word to me but I now know how to create gorgeous food by eliminating certain ingredients that don't agree with me like wheat, and if I want to indulge I substitute healthy ingredients instead of carbs, butter of cream."

Sophie, a presenter on Channel 4's Cook Yourself Thin, started her professional career cooking full-time at the age of 14. She's worked in top London restaurants and has also been a private chef and nutritionist to a top supermodel, but says she wants to "help everyone become a glamorous gourmet, whatever the occasion".

"Today's women try to do

everything, from juggling a pressured job to running a home, not to mention being a doting girlfriend, mother, wife or feisty singleton. Not only that, we're meant to squeeze into the latest fashion in size minus-one - well it doesn't exist yet - but give it time!"

She's divided her book into appealing sections catering for every occasion from Aphrodisiac Dinners and Sexy Breakfasts through to Comfort Food. The latter includes dishes such as Thyme And Cider Pot-Roasted Chicken, Butternut Squash and Almond Risotto.

There are dishes to satisfy dessert addicts in the Not So Naughty Sweet Treats section, including Greek Yoghurt Pannacottas With Rhubarb Compote and Lime And Coconut Surprise Pudding.

There are even dishes to eat as pre-party stomach liners - and hearty healthy hangover cures for those who over-indulge.

For a summer party she suggests some "professional looking canapes, which can be made in between applying your mascara and painting your nails.

"Also, you and your guests can enjoy them without any awful feelings of guilt - a feeling that I believe should never be associated with the joy of eating."

The recipe for Pork Peanut And Coriander Salad Cups is an old party favourite.

"This is one of my eternally popular canapes, and the pork mix is great with rice or noodles too," Sophie says.

Her other treat is Chinese Spoons With Cauliflower Puree, Crispy Monkfish And Wild Mushrooms.

"Serving mini morsels on Chinese spoons never fails to please guests. You can serve a range of different ingredients and really push the limits of canapes."

"Risotto, mini ravioli and even mini bangers and mash all look great served in a Chinese spoon."

Gabrielle Fagan

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Pork peanut and coriander salad cups

This is based on a savoury pork Thai dish (called Galloping Horses) served on top of fruit pieces.



Makes 20

Prep time: 12 minutes

Cooking time: 25 minutes plus chilling time

2 tbsp unsalted peanuts

200g pork mince

3 garlic cloves, finely chopped

1 red chilli, slit, deseeded and finely chopped

1-2 tbsp groundnut oil (or vegetable oil)

2 tbsp palm sugar (or light muscovado sugar)

1 tbsp soy sauce

1 tbsp Thai fish sauce

Small handful fresh coriander

Small handful fresh mint

4/5 Little Gem lettuces

1/2 small ripe pineapple, peeled

Blitz the peanuts in a small blender to a coarse powder still with some chunks, then mix with the mince, garlic and chilli. You want all these ingredients to have the same texture so bear this in mind when chopping and blitzing.

Heat a large frying pan until very hot, add the oil and fry off the pork mixture until it starts to caramelise. This should take about 15 minutes.

Then add the sugar, soy sauce and fish sauce, and cook for a further 10 minutes until you have a lovely glossy mass. Check the seasoning, though it may not need any more salt.

Finely chop the herbs, mix them in then allow to cool. Only you need the smaller inner leaves of the Little Gems, so carefully peel off the larger outer leaves (use them in a salad so they don't go to waste!) Trim off the stalks so you are left with leaves like cute little Chinese spoons. Spoon the filling into the 'bowl' of the lettuce spoons and chill lightly until set.

Chop the pineapple into small dice, spoon on top of the mince and serve.

Chinese spoons with cauliflower puree, crispy monkfish and wild mushrooms

"The cauliflower puree is a beautiful, snow-like colour and, if you can find the trompette noir mushrooms, the visual contrast is fantast-

tic. This recipe works well with different combinations too - scallops would be good alternatives to monkfish," Sophie says.

Makes 20

Prep time: 20 minutes

Cooking time: 15 minutes plus cooling time

1 medium head cauliflower (make sure it is very fresh)

500ml milk

200ml chicken stock (can be made with a cube or bouillon powder)

1 clove garlic, crushed

400g monkfish fillet (ask the fishmonger to remove all the skin and pinky grey membrane)

200g wild mushrooms, cleaned of grit and torn roughly (ideally trompette noir or girolles but chestnut mushrooms will do).

Small handful tarragon leaves, roughly chopped

25g butter

2 tbsp olive oil

Squeeze lemon

Sea salt and freshly ground black pepper

Quarter the cauliflower and cut out most of the core, then shave or slice the cauliflower as thinly as possible so it cooks quickly. Place in a saucepan with the milk, stock, garlic and some seasoning. Bring to the boil and simmer for 5-6 minutes then remove from the heat. Leave to cool in the liquid for 15 minutes.

Meanwhile, cut the monkfish into 20 bite-sized cubes and the mushrooms into slightly smaller pieces. Roughly chop the tarragon.

Drain the cauliflower and blitz in a food processor or blender until very smooth. For the ultimate silk puree, rub the mixture through a sieve with the

back of a ladle. Beat in the butter and check seasoning. Set aside.

Heat a frying pan, add a trickle of oil and fry the monkfish for about five minutes, stirring and tossing until golden brown. Season and tip out onto a plate. In the same pan, add remaining oil and heat until very hot.

Pan-fry the sliced mushrooms for around 5-6 minutes. Season, add the tarragon and a squeeze of lemon.

Arrange 20 Chinese soup spoons (or your best dessert spoons) on a platter or tray. Place a little puree on each spoon, top with a piece of monkfish and some mushrooms.



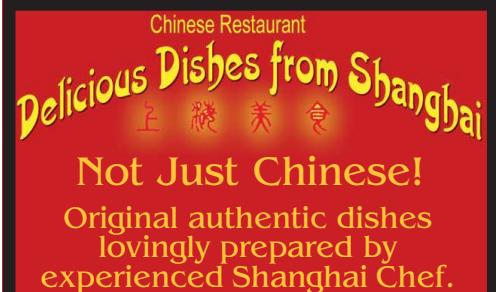
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There are two extremes in the world of celebrity shoes. You can choose between the Gwyneth Paltrows, who treasure their six-inch statement sandals, and the Joss Stones, who happily run around in bare feet.

But whichever sort of footwear you fancy, your stressed-out feet may be paying the price of striding around in platform sandals, gladiator flats or slinky flip-flops this summer.

Combine that with the fact women strut an average of three miles more than men each day and your feet may be long overdue for some serious TLC.

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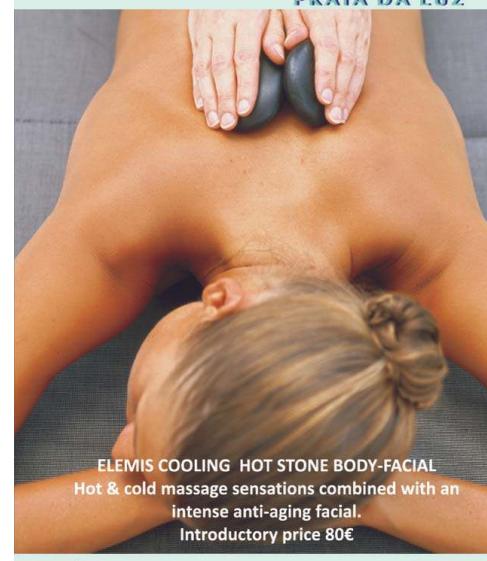
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Scholl Party Feet Foot Spa, (Boots/Argos)

"Wearing fashion sandals and going barefoot in the summer months makes us feel great but the warmer climates make it harder for our feet to retain moisture, which

leads to them drying out," Scholl feet expert Claire Webber explains.

No pedicurist on speed dial? Don't worry - just give your ach-

ing feet a post-summer pick-me-up with our guide to fabulous feet.

Lisa Haynes

Groundwork

Lay the right feet foundations and you'll be ready to flaunt them again in no time. If you can't afford a regular salon pedicure, it's important to keep up a regular maintenance routine at home to keep tootsies in tip-top condition. "Unsightly hard skin can build up very easily on the soles of the feet so regular maintenance is key," advises Boots foot model Diana Hickox.

"Start by smoothing away rough patches every week with a foot file, paying special attention to the ball of the foot and around the heel."

"To help prevent the build-up of rough hard skin use a foot scrub every time you're in the bath or shower while the skin is softened."

Feet treats

Once the groundwork is complete, step up your feet-friendly mission with some essential TLC. Keep feet silky and soft by putting moisturising top of your tootsie to-do list.

"The key to healthy feet is hydration," says Webber.

"The skin on our feet is thicker than anywhere else on our bodies, which makes it harder to penetrate."

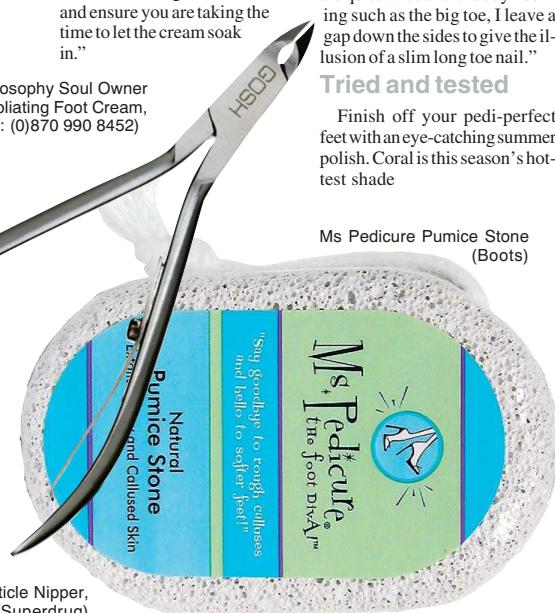
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Moisturising with an overnight rescue cream and popping your feet into cotton socks when you go to bed is an instant intensive remedy for parched feet.

Pedi-ready

Your feet are one small step away from looking fabulous so the finishing touches are all-important. A file and polish will ensure your feet are in their pedicure prime.

Firstly, how do you shape toenails?

"File the nail length down whilst dry as there is less chance of the nails bending and then peeling or splitting," recommends celebrity nail technician Andrea Fullerton.

"Always, always file straight across, never down the sides as this causes ingrowing toe nails - ouch!"

Polishing is the final glam touch to achieve a pedicure finish to be proud of.

"Before polishing, always basecoat the toenails - varnish tends to stay on the toes much longer than on finger nails so colour is more likely to penetrate and stain," Fullerton says.

"When polishing on toes that are quite wide and chubby-looking such as the big toe, I leave a gap down the sides to give the illusion of a slim long toe nail."

Tried and tested

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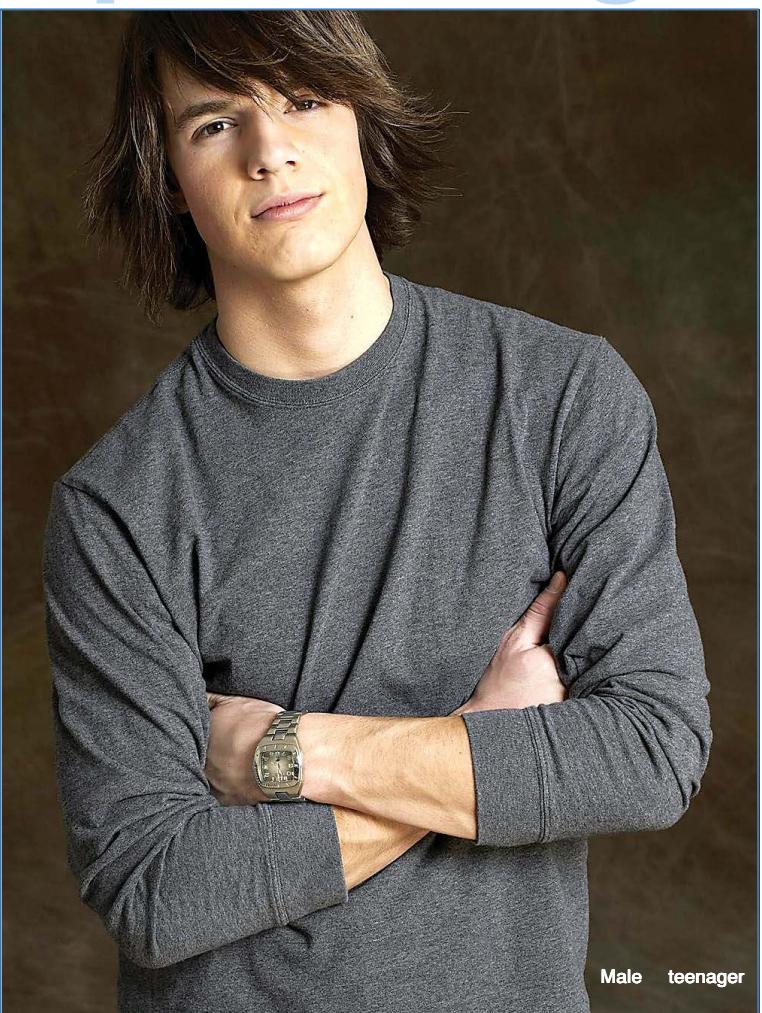
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Male teenager

Three ways to...

deal with a teenager who comes home drunk

1. Don't discuss drinking when he gets back, but get him to bed and wait until the next day.
2. Wait till you're both calm and relaxed, and discuss the effects of drinking and the dangers, and encourage him to be honest.
3. Don't argue or threaten, but remind him how bad hangovers can feel, talk about resisting peer pressure, and be clear about what behaviour's acceptable in your house.



A fun way to chart your child's growth is to take her photo next to a big favorite toy or cuddly animal each month, and compare the changes.

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When is my child ready... to stop wearing a nappy at night?

There's no set age, all children are different and will be ready at different times. Many are dry at night by the age of three or four, but others take a lot longer.

If your child's completely dry all day and has had several dry nappies at night, it could be time to try leaving a nappy off at night, perhaps with a plastic sheet under the normal sheet and no liquid close to bedtime.

Website of the Week: practicalparent.org.uk

Practical Parenting Advice is a general parenting site, unrelated to Practical Parenting magazine. It's run by psychologist Dr Andy Gill, who can be emailed directly, and as well as advice on child behaviour and development, education, family relationships and so on, there's a forum and message board, links to other parenting sites and parenting video tips. You can also sign up for a free Practical Parenting Advice newsletter.

News for parents

The cost of sending a child to school in the UK has risen to £1,077 (£1,350 a year).

Rising food prices have increased the cost of school meals and packed lunches while petrol prices have made the school run more expensive, according to a report commissioned by Asda.

Parents now typically

spend 7.8% more on schooling their children than in 1998.

But as they'd still have to be fed and ferried around if they were at home, it's not schooling that's got more expensive - just life.

Some 45% of children eligible for free school meals failed to get a GCSE at grade C or better in 2006/07, compared to 24% of pupils generally.

Such children were 193 times more likely to leave school without a GCSE at a good grade than to stay on

and gain three As at A-level. Perhaps the cash for free school meals should be used for extra tutoring instead?



A free school meal being served to a pupil at a Primary School in Cambridgeshire

Ask the expert

Q: "My eight-year-old son's always moaning about headaches or tummy aches, but the GP can't find anything wrong with him. Could he be allergic or intolerant to something he's eating?"



Bread made from wheat, to which children can be allergic

A: Nutritionist Patrick Holford, author of Hidden Food Allergies [Piattus 2006, £7.99 / €10] says: "Both headaches and tummy aches are classic symptoms of food allergy. Other symptoms are sniffing, recurrent ear infections, asthma or shortness of breath, and itchy skin or eczema."

"Most food allergies are delayed, which means the symptoms may take hours to develop. So, it could be that he's reacting to something he ate the day before."

"This kind of reaction happens because the body produces a type of antibody called IgG that attacks the food. Some foods including milk, wheat, yeast and eggs more commonly cause these type of reactions."

"The best way to find out whether your son has a food in-

tolerance is to have a proper IgG blood test, which can be arranged through your GP or an allergy clinic. It can be done from a simple pin-prick of blood, and you can get an IgG home test kits such as YorkTest's FoodScan 113 from chemists."

"These allergies needn't be for life. What often happens is that the gut wall becomes compromised, perhaps following a course of antibiotics or painkillers, and whole food proteins which normally wouldn't be allowed through until completely digested, get through causing the immune system to react."

"Once the immune system has learned to attack a specific food you have to find out what that food is and avoid it strictly for four months. By then the immune system is likely to have forgotten."

Letters to parents telling them if their child has a weight problem will not contain the word "obese".

While the Department of Health now wants all primary care trusts to automatically tell parents their child's height and weight, ministers say the heaviest children should be referred to as "very overweight", as people find the

word "obese" highly offensive.

Anti-obesity campaigners have branded the move "namby pamby". What next - will violent psychopaths be labelled "a bit cross" because it sounds nicer?

Children would rather travel abroad than spend a day at the British seaside.

A poll commissioned by Travelodge found 53% of children would prefer to go on a foreign holiday than stay in the UK, and one in 10 had never

visited a British beach.

Children might prefer to go abroad, but did the poll ask them if they knew how much foreign holidays cost their parents?



Child on holiday abroad

The daddy of all problems

Women have long been conscious about their biological body clocks but recent research shows that men are not immune from declining fertility with sperm quality dropping from the mid 30s. We find out the facts and how to improve a man's chances of fatherhood whatever age he is.

While women are all too aware of the ticking of their biological clock, most men may believe their potency is unaffected by age.

Now it seems there's equality in fertility if nothing else - as a new study warns that a man's ability to father children also begins to decline from his mid-30s.

Doctors have long known that a woman's fertility drops sharply in her mid to late 30s, but the latest research in France found that women whose partners were 35 or older suffered more miscarriages than those with younger men.

The study also found that pregnancy rates were lower among women whose partners were over 40.

But age may be only one of the factors affecting male fertility - with lifestyle factors such as smoking and diet also seen as significant.

Whatever the causes there is greater recognition that fertility problems affect men. A major survey of GPs in the UK suggests that more than two million men might be affected by fertility problems although many are unaware of it.

One Danish study in 1991

even claimed that sperm counts of Western men had fallen by about half in 50 years. Almost 18 years later, scientists are still trying to explain the finding.

Clare Brown, chief executive of Infertility Network UK says: "It is commonly thought that women are the only sufferers of fertility issues, but in around one third of couples who suffer from infertility, it's a male factor which is the issue."

Lack of data relating to fathers and births makes it difficult to accurately assess the extent of male fertility problems, according to Dr Allan Pacey, a senior lecturer in male reproduction at Sheffield University.

He says: "There's an ongoing debate about whether or not male infertility is increasing. It may be that we're just becoming more aware of male infertility because there's a trend for couples to delay starting a family until their 30s.

"This age group are more likely to encounter problems conceiving and that's leading to an increase in the numbers coming to fertility clinics. Consequently we are more able to identify men with problems."

He identifies the most common reasons for a male fertility problem as an inadequate number of sperm, sperm of an abnormal shape, or sperm with poor motility which are less likely to reach the ovum (egg) to fertilise it.

While men continually produce sperm, unlike women who are born with a finite number of eggs, the number they produce is determined by factors outside their control.

"The number of sperm a man makes is largely determined by what happened to him in his mother's womb. For instance, there is evidence that if a baby was malnourished in the womb or his mother smoked when she was pregnant with him, his ability to produce sperm as an adult may be reduced."

Other adverse factors affecting sperm production later in life are poor development of testicles in childhood or adoles-

Cont'd. over ...



Doctors have long known that a woman's fertility drops sharply in her mid to late 30s, but the latest research in France has found that women whose partners were 35 or older suffered more miscarriages than those whose partners were younger.

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Giving up smoking could be one of the best ways to improve fertility.

cence, or illness such as cancer. Men, in general, are probably unaware that they may be affected by low fertility or infertility. Dr Pacey, who's also secretary of the British Fertility Society, says: "Many men confuse sexual functionality with fertility - in other words they assume that the fact that they can have sex correlates with their ability to father children. For some men this is not the case."

But Dr Pacey stresses: "While there's no magic solution for men to make more sperm, there's lots men can do by improving their lifestyles to ensure the sperm they do produce are as good as they can be."

He gives his top tips to improve sperm quality and boost the chances of fatherhood:

STOP SMOKING

Giving up smoking could be one of the best ways to improve fertility.

Dr Pacey says: "Quitting smoking comes top of my list as a recommended lifestyle change.

"Smoking doesn't affect the amount of sperm a man produces but it does affect the quality, as the chemicals in cigarette smoke damage sperm DNA."

He points out that it takes three months to produce a sperm, and about the same length of time to clear the body of toxins caused by smoking, so improvement won't be instant.

LOSEWEIGHT

Fight the flab because excess pounds can cut a man's chances of fatherhood.

Researchers from the University of Aberdeen looked at the sperm of more than 5,000 men who had attended an Aberdeen fertility clinic in recent years, and found that obese men were 40% more likely to have less sperm, and sperm of poorer quality, than their leaner friends and colleagues.

According to the experts this is because excess body fat creates localised fat in the groin area that may raise temperature in the testicles and lead to damaged



Embarrassment prevents many men checking to see whether they have sexually transmitted infections.

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Fight the flab because excess pounds can cut a man's chances of fatherhood.

sperm production.

In addition, fat is linked with oestrogen - the female sex hormone - and more fat means more oestrogens which raise the risk of poor functioning testicles.

Dr Pacey advises: "Men don't need to try to be skinny but just to aim to be within the normal BMI range for their height and weight."

EAT YOUR GREENS

Eat the recommended five portions a day of fruit and vegetables, and have a balanced, healthy diet.

Studies have shown that there's a higher risk of damaged sperm among those on a poor diet lacking in vital vitamins, nutrients and trace elements.

Dr Pacey says: "Diet is important because by eating fresh food and fruit and vegetables we

increase the number of antioxidants in our bodies which help to reduce the damage to sperm caused by free radicals."

A recent US study linked the consumption of soya products - meat and dairy substitutes and bean curd - to lower sperm counts. Some scientists believe that chemicals in the soya bean mimic oestrogen.

But Dr Pacey says: "I think

more evidence needs to be produced before men need to be concerned about this."

WATCH THE CLOCK

Delaying fatherhood past the age of 40 could affect your chances of success according to research.

A recent study in France by the Eyla Centre for Assisted Reproduction found that older men became less fertile because genetic defects built up in their sperm raising the risk of miscarriage.

Previous American research has also pointed to a slight increase in birth defects such as Down's syndrome in babies born to older men.

Dr Pacey says: "There is growing evidence from a number of studies to show that men are not totally immune from reproductive ageing and that as they get older sperm production may not be as efficient, and they may produce more damaged sperm than in their younger years.

"Previous studies of couples trying to conceive naturally or undergoing IVF have shown that men over the age of about 40 are less fertile than younger men."

STAY COOL

Chuck out the Y-fronts, skin-tight jeans and cycling shorts and replace them with loose-fitting boxer shorts - or better still, 'go commando'.

Wearing tight pants may reduce fertility because testicles hang in the scrotum to keep cool - they need to be 2.2 degrees centigrade cooler than the core body temperature.

Studies have shown that if testicles become too hot - for instance as a result of too many hot baths or long hours spent sitting driving a car - both testosterone and sperm production may decrease.

Dr Pacey says: "There has long been conflicting evidence about the effect of temperature on fertility and tight clothing and although I was once sceptical I do think there may be a case for this."

"In a recent study we found that men who wore tight pants were twice as likely to have sperm that were less efficient swimmers."

He adds: "Of course, plenty of men with tight briefs are fathers, so it's not an all or nothing situation. But if you're on the borderline of success, you could potentially change your fertility by swapping your briefs for boxers."

TAKE A TEST

Embarrassment prevents many men checking to see whether they have sexually transmitted infections.

But one of the most common, chlamydia - thought to affect

around one in 10 young men in the UK - can reduce a man's infertility according to research.

A study at Sweden's Umea University suggested that male infection could reduce a couple's chance of having a baby by around a third.

Dr Pacey says: "Chlamydia can damage and kill sperm. The problem is that many men will be totally unaware that they have it as it is usually symptomless and can remain dormant for years. It's well worth taking a test to find out and this condition is entirely treatable."

LOSE THE MOBILE MENACE?

There have been numerous studies claiming that the electro-

magnetic radiation or heat emitted by mobiles could affect fertility.

Some research has argued that mobiles carried in the pocket or clipped to a belt may be damaging by raising the temperature in the groin and the testicles.

At the moment the jury's still out on whether mobiles do pose these hazards and Dr Pacey is sceptical. He says: "So far, I haven't seen any convincing evidence to show that mobiles affect fertility."

FURTHER INFORMATION AND HELP

- » British Fertility Society: www.fertility.org.uk
- » Infertility Network UK: www.infertilitynetworkuk.com

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Sensory overload in Morocco



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As soon as you glimpse a brochure from Exodus, one of the most successful operators in the booming business of family adventure holidays, you know you aren't in for one of those holidays where everybody sits around slowly tanning themselves.

But in the bustling main street of the Moroccan town of Ourzazat, across the High Atlas mountains from Marrakech, the cheerful pep talk from our guide was intended to prepare us for the challenges that lay ahead.

Ourzazat, pronounced Wah-zat, translates as "no noise" although nobody could understand why. And the only reason it didn't seem very noisy indeed was that our first stop had actually been the heaving heart of Marrakech itself.

Over bread and croissants at breakfast, our guide gave us his three golden rules: 1. Don't drink the water. 2. Don't buy food from dodgy street stalls and 3.

Always ask before taking photos of locals (not that they'll want to thump you but they might demand a few dirhams appearance fees).

With that, we were off on a 300-mile trek spanning seven rather hectic days - safe in the hands of our trusty minibus driver who whisked us from the edge of the Sahara, up 2,000 metres into the High Atlas mountains and back to sand, this time in the Atlantic resort of Essaouira.

The hectic schedule on the Exodus trip was not for the faint-hearted, but a country with so much to offer demands proper exploration.

Squeezing onto our minibus for the two-and-a-half-hour journey south east towards the Sahara gave the first chance to check out what would be one of the stars of the holiday - the Moroccan landscape.

The sun beats down mercilessly on this country for most

of the year, with the average rainfall for September just 0.3ins and an average temperature of 31C. Yet miraculously, in the midst of the arid plains and hills, rivers occasionally force their way to the surface providing oases and vital agricultural land.

Within these pockets of green, villagers who live in traditional adobe dwellings - made from baked mud and straw - grow dates, melons, figs and apricots for sale in local markets.

Eventually, however, most of the water dries up and the Sahara stretches out for thousands of miles as far as the Red Sea. At the outpost town of Zagora, we left behind the minibus for the traditional means of transport of the Sahara.

Despite their amazing feats of endurance, camels have gained a reputation for being smelly and grumpy but the ones that took our group of 15, bags and bedding on a two-hour trek into the desert

certainly didn't put me off the beasts.

Once I'd clung on as my camel rose jerkily from its knees, I enjoyed a very comfortable ride to the Berber camp where we spent the night. The return trek at 6am did give the thighs some cause for complaint but it was worth it for the magical sunrise over the sand dunes, just hours after being thrilled by the most starry sky I have ever seen.

It gave the next stop on our tour a tough act to follow, but a place used as a film set for Gladiator, Lawrence of Arabia and a host of other movies is bound not to disappoint.

The kasbah of Ait Benhaddou clings to a hillside above a dried-up river and offers wonderful views from the top. While the site totally lacks the information boards which you might expect at attractions of this size, a member of one of the five families who still live in the kasbah was happy to show us around and sign autographs for no charge, having appeared as an extra in several movies.

Kasbahs provided fortified strongholds for the families who controlled southern Morocco until the arrival of the French in the early 20th century. Another spectacular reminder exists in the hill town of Telouet in the High Atlas mountains.

Unfortunately, a complicated inheritance dispute means restoration efforts have been foiled but it is still possible to see rooms full of colourful tiles in geometric patterns from where the despotic Glaouis ruled the area.

Our accommodation in the mountains was rather more basic, what the Moroccans call a gite which would probably just pass the youth hostel test in Britain. However what it lacked in facilities it more than made up for in character.

The views across the mountains were stunning and after dinner, we were treated to an impromptu drumming session by our guide and two gite workers.

Next day, as a cooling breeze blew in from the South, we enjoyed a walk up into the mountains. Although not as nimble as the scores of goats that were being herded around the slopes, we successfully followed our guide around the twisting paths and drank in the peace, quiet and beauty of the countryside.

Just a few hours later, we found ourselves standing in the central square of Jemaa El Fna in Marrakech. Just 50 miles away, it seemed like a whole world away in its bustling 'busy-ness'. Once known as Assembly of the Dead because it was where executions were carried out, today's



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threat to life is likely to come from the cars, bicycles, scooters and donkeys that compete for space over every square inch of tarmac.

Smoke rises into the air above the fast food stalls, and snake charmers and fortune tellers battle for the attention of passers-by.

In the narrow alleys of the souks (markets) leading off in all directions, the smells, colours and noise are even more intense as stallholders offer up their wares. It can be frustrating not to be given the time to browse but as an antidote to the bland, interchangeable, brand-name shops of home it is hard to beat.

A daytime guided tour of the city uncovered some sedate cor-

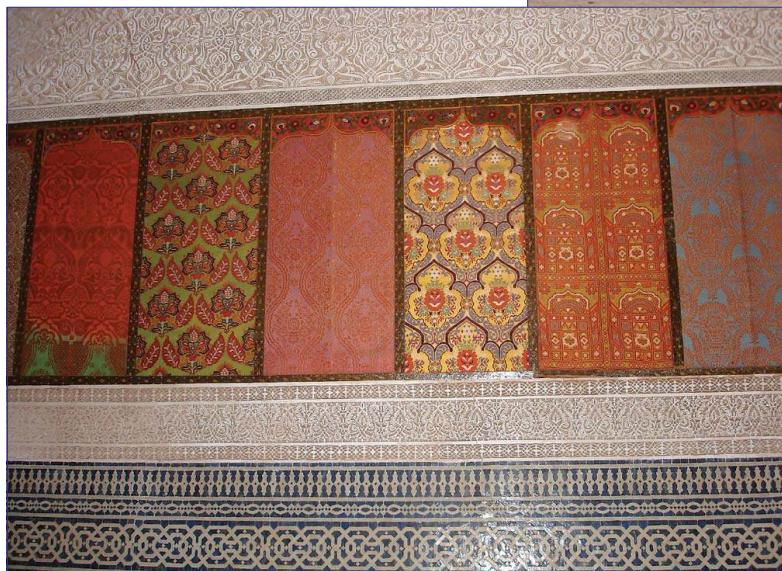
Despite being just a three-hour journey from Marrakech, Essaouira can be up to 10 degrees cooler with the weather coming in off the Atlantic. That makes it the perfect place for wind and kitesurfing or just enjoying a few hours on the wide, sandy beach.

It has so far avoided the high rise hotels of many Mediterranean resorts but does boast a good choice of restaurants serving fish freshly landed at the local port.

From camels to seafood, desert to beach and stifling heat to cool sea breezes, Morocco provides a magnificent assault on the senses. I will definitely return before the sands of time run out - and it is dragged into the 21st century by its proximity to Europe.



Pictured above: The wide sandy beach at Essaouira, Morocco; left: Wall hangings inside the fortress-palace of Telouet, Morocco; and below: A view of Kasbah of Ait Benhaddou, Morocco. Opposite page - top: The Camel trek on the edge of the Sahara, and bottom: A view from fortress-palace of Telouet.



TRAVEL FACTS

: Richard Cranidge was a guest of Exodus, which operates eight-day escorted journeys to Marrakech and The Sahara from £689/€863 per person, including return flights ex-Heathrow, travel by private minibus and camel, five nights' hotel accom-

mmodation, one night gite accommodation, and one night in a Bedouin camp. Package also includes all breakfasts and two dinners. Price of package without flights starts at £415/€520. Exodus reservations: tel. 00 44 (0)845 863 9601 and at: www.exodus.co.uk.

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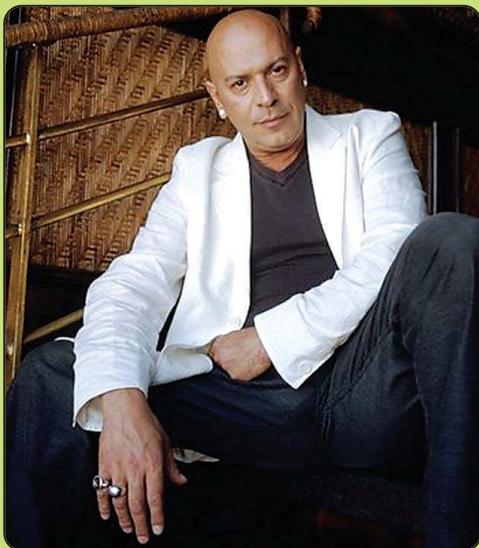
New Business?

The Portugal News
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Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for

LIVE CONCERTS

Paulo Gonzo – September 3rd at Albufeira Largo Paços from 10pm.



João Pedro Pais – September 4th at Estoril Casino from 11.30pm. Entrance is free.



ON GOING EXHIBITIONS

ALGARVE

Until August 31st – Paintings by **A Moura** in Péra at Urbanização Barrocal, Lote 59. Call 968 729 083.
Until September 5th – Paintings by **José Marreiro** at EMARF in Portimão. Call 282 400 260.
Until September 15th – Contemporary plastic art by **João Pedro Vale** at Cerro da Vila museum in Vilamoura.
Until September 1st – **Butterfly** exhibition at Slave market in Lagos. Until September 10th – Lab Series

by Jorge Bandeira

at São José Convent in Lagoa. Call 282 380 434.
Until September 15th – Paintings by **Brian Mehl** at Escola das Artes in Lagoa. Gallery open from 9am to 12.30pm and 2pm to 5.30pm, closed on Saturdays, Sundays and public holidays.
Until September 15th – **Jardim Azul** at Sala Polivalente at São José Convent in Lagoa. Call 282 380 434.
Until September 16th – Collective exhibition in aid of Club Bus charity at Versus Café in Loulé. Call 289 103 773.

Until September 17th – Miniature train

exhibition by ARCA at the Recreational Association and Culture of Amorosa in Messines. Entrance is free. Call 282 338 547.
Until September 27th – Opening party Saturday August 23rd at 6.30pm until 8.30pm. Joint exhibition of contemporary paintings Alma van Wilgenburg & Wendy Tate. Tickets €10 includes music with Manuela Lopes, canapes and Vida Nova Rose wine. Telephone 912 737 762 or 918 980 199
Gallery - housed inside Boliqueime

railway station - open 5 days per week from 11am until 5pm Closed on Mondays and Tuesdays.

Until September 30th – **Gerardo Burmester** at TREM gallery in Faro. Call 289 804 197.
Until October 10th – Paintings by **Jean-Marie Booputte** at São Lourenço Cultural Centre. Call 289 395 475.
LISBON

Until August 30th – **Anna Taratiel** 'in between' exhibition at Zauf projects Contemporary Art gallery in Lisbon. Call 913 176 005.

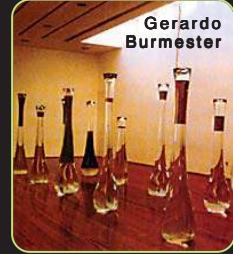
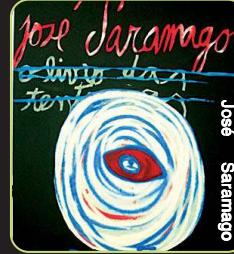
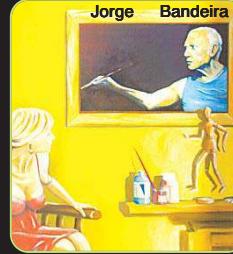
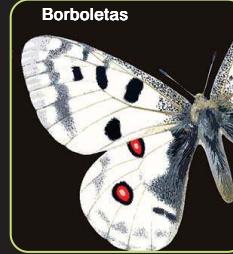
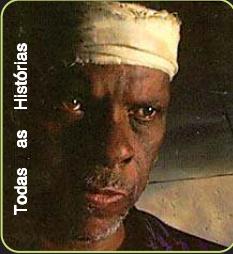
Until August 31st – 'A Arte da Terra'

is featuring an exhibition on the cockerels of Barcelos gallery located on Rua de Augusto Rosa, nº 40. Call 212 745 975.
Until August 31st – **A Três Mãos** at Hotel Villa Albatoz in Cascais. Call 214 863 410.
Until September 7th – **Los Silencios de Colón** sculptures at Estoril Casino. Call 214 667 700.
Until September 7th – **Pintura Naif** at Estoril Casino. Call 214 667 700.
Until September 28th – **José Saramago** and **Agostinho Santos** paintings and

drawings at Museu Nacional da Imprensa in Lisbon, on Praça do Comércio in Lisbon. Entrance is free.

OPORTO

Until October 12th – **David Goldblatt**, **Intersections** intersected at Museum Serralves in Oporto. Call 226 156 500.
Until November 2nd – **Todas as Histórias** film exhibition at Museu Serralves in Oporto. Call 226 156 500.
Until November 2nd – Cinematic photography by **Manoel de Oliveira** at Museu Serralves in Oporto. Call 226 156 500.



Send your exhibition listing to copy the-news.net with dates, name of the artists and exhibition location by Tuesday before publication.

LIVE MUSIC

Kalashnikov



MARKETS

Saturday, August 30th – Azinhal, Lagos
Saturday, August 30th – Loulé, near Convent Senhora da Piedade

CARBOOT SALES

Sunday, August 31st – Almancil, Loulé
Sunday, August 31st – Quelfes, Olhão

SPORT

2nd EFSA – Portugal Big Game fishing festival from August 29th until 31st at Albufeira Marina. Call 289 514 282.



events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

FAIRS & FESTIVITIES

White Night – Dress in white and enjoy live entertainment, shows, music, streets arts and much more. Anyone dressed in white will also benefit from discounts from local shops on August 30th in Loulé. Call 289 400 600.

FATACIL – the major handicraft fair is back. Live events this year are: August 30th: Xutos & Pontapés. August 31st: Elba Ramalho. Opening times: 4pm to 1am. Call 282 353 453.

Castro Marim Medieval fair – until August 31st at Castro Marim. Call 281 510 740.

Feast of the Martyrdom of St John the Baptist – until August 31st at Manta Rota in Vila Real de Santo António. Call 281 510 001.

Nossa Srª da Encarnação – festivities in honor of Nossa Srª da Encarnação in Carvoeiro with live music from Carlos Coelho and Tucha on August 31st from 9.30pm. Musical fire work display from 00:15. Entrance is free.



Stock Out – Get all the latest fashion tendencies for a cheaper price at the second Stock Out fair at Portimão riverside until August 31st.

Junior Fashion – Does your child have that model look? From September 1st until 3rd, your child can take part in Be a Model Kid and Be a Model Junior taking place at Praça Manuel Teixeira Gomes near Casa Inglesa in Portimão.



CONCERTS COMING SOON

Your weekly guide to the best summer festivals coming your way... **Live Concerts**

SEPTEMBER

João Pedro Pais – September 4th at Estoril Casino from 11.30pm. Entrance is free.

X-Wife – September 5th at Abrantes, Quinta de Santa Catarina. Entrance is free.

Slimmy – September 6th at Santo Tirso (Buragães) from 9.30pm. Entrance is free.

Melanie – September 7th at Vila Real theatre from 11pm. Entrance is free.

Aimee Mann – September 11th at Cascais Estoril Casino from 11.30pm. entrance is free.

Fat Freddy's Drop – September 18th at Cascais Estoril Casino from 11.30pm. entrance is free.

Scorpions – September 19th at Cascais Estoril Casino from 11.30pm. entrance is free.

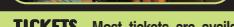
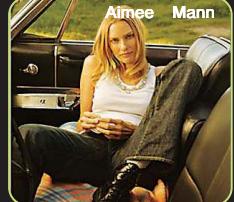
Gogol Bordello – September 20th at Cascais Estoril Casino from 11.30pm. entrance is free.

Giisle – September 21st at Cascais Estoril Casino from 11.30pm. entrance is free.

20th & 21st September Fatacil, LAGOA Hotline: 282 380 317 algarvefair.com

TICKETS Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites:

www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324



SHOWS

Sandro e Natalie – new circus act at Estoril Casino from September 1st until 15th, featuring Portuguese duo Sandro and Natalie. Call 214 667 970.

Ivan, The Jester – until the end of the month at Vilamoura Casino. Tickets: €27 (happy dinner); €40 (touristic dinner) or €14 show and drink.

Mundo Latino – until the end of the month at Hotel Algarve Casino in Praia da Rocha at Aladdin salon. Tickets: €27 (happy dinner); €40 (touristic dinner) or €10 show and drink.

Jesus Christ Super Star – at Portimão arena until August 31st. Tickets: €15 - €30. Subtitles in English.

Rhythm of the Dance – authentic Irish dancing at Fábrica do Inglês in Silves until August 31st. Call 282 440 480. See our readers offer on Algarve pages.

Tabú 'Nofit State' – Circus act from Britain at Belém Cultural Centre until August 31st. Tickets: €18 to €20.

Nancy Vieira – she became a reference in World Music with her CD, 'Segred' in 2004, which won the admiration both from audiences and specialized reviewers. However, her first success occurred in 1995, when she released her first album 'Nos Raça'. This recording opened the way for her to join the restricted company of prominent singers from her homeland of Cape Verde.

In 2007, Nancy released 'Lus', her third album. In this recording, 'the golden voice princess' mixes her native Cape Verde sounds with foreign music. Nancy Vieira has been invited to sing with many famous artists, like Cesaria Evora and Tito Paris. Show will take place on August 30th from 10pm at Teatro das Figuras in Faro. Tickets: €15.

Transports Exceptionnels – Duet circus act on heavy machinery until August 31st at Belém Cultural Centre. Entrance is free.

FASHION



Will they see YOU there?

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

Among many tributes received, Lagoa's Mayor said it was "extremely well organised and dynamic" and was a "good blend of various communities of different nationalities".

In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the crafts the variety of stands, the



show gardens, choice of restaurants and the 'kid's stuff'.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

Even greater things are being planned for the next fair - Make sure YOUR company is represented!

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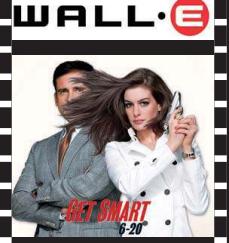
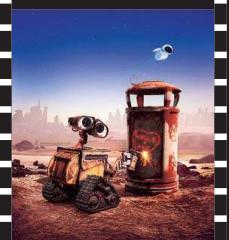
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28 AUG-3 SEP

- 1 **Nim's Island**
Abigail Breslin, Jodie Foster
14.00-16.25-18.40-21.00
- 2 **Batman: The Dark Knight**
Christian Bale, Heath Ledger
23.20
- 3 **Star Wars: The Clone Wars**
Animation PV
(11.15 Sat & Sun) 13.30-15.45-18.00-20.15
- 4 **Batman: The Dark Knight**
Christian Bale, Heath Ledger
22.30
- 5 **Space Chimps**
Animation
(11.20 Sat & Sun) 13.20
- 6 **Hellboy II: The Golden Army**
Ron Perlman, Selma Blair
15.30-18.10-20.50-23.30
- 7 **WALL•E**
Animation
PV: (11.30 Sat & Sun) 16.20-18.55
OV: 13.55-21.10
- 8 **The X-Files: I Want to Believe**
David Duchovny, Gillian Anderson
23.45
- 9 **Journey to the Center of the Earth**
(3D)
Brendan Fraser, Josh Hutcherson
12.50-15.00-17.10-19.20-21.30-00.05
- 10 **Superhero Movie**
Drake Bell, Sara Paxton
15.45-17.50-19.55-22.00-00.10
- 11 **The Chronicles of Narnia: Prince Caspian**
Ben Barnes, William Moseley
PV: 12.40
- 12 **Babylon A.D.**
Vin Diesel, Michele Yeoh
15.20-17.30-19.40-21.50-00.15
- 13 **Kung Fu Panda**
Animation
PV: (11.05 Sat & Sun) 13.10
- 14 **Get Smart**
Steve Carell, Anne Hathaway
17.00-19.30
- 15 **The Mummy: Tomb of the Dragon Emperor**
Brendan Fraser, Jet Li
(12.05 Sat & Sun) 14.30-22.10-00.45
- 16 **Batman: The Dark Knight**
Christian Bale, Heath Ledger
15.35
- 17 **Home of the Brave**
Samuel L. Jackson, Jessica Biel
13.00-18.55-21.20-23.50
- 18 **LUSOMUNDO VILAMOURA**
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28 AUG-3 SEP
- 19 **The Mummy: Tomb of the Dragon Emperor**
Brendan Fraser, Jet Li
15.30-18.30-21.30-00.00
- 20 **CASTELLO LOPEZ CINEMAS ALGARVESHOPPING**
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28 AUG-3 SEP
- 21 **Star Wars: The Clone Wars**- Animation PV
13.35-16.30-19.00-21.25
- 22 **The X-Files: I Want to Believe**
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00.05
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Animation PV
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Steve Carell, Anne Hathaway
13.50-16.20-18.45-21.15-23.50

5
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Christian Bale, Heath Ledger
18.00-21.00-23.55

6
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WALL•E - Animation PV
PV: 12.50-15.00-17.10-19.20-21.30
OV: 23.40

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Superhero Movie
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14.00-16.00-18.30-21.20-23.30

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13.10-15.10-17.15-19.20-21.30-00.15

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13.00-15.05-17.20-19.30-21.50-00.05

3
Superhero Movie
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4
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21.20-23.50

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Star Wars: The Clone Wars
Animation PV
WALL•E - Animation PV

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Babylon A.D.
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Journey to the Center of the Earth
(3D)
Brendan Fraser, Josh Hutcherson
The Chronicles of Narnia: Prince Caspian
Ben Barnes, William Moseley PV

Hancock
Will Smith, Jason Bateman
Batman: The Dark Knight
Christian Bale, Heath Ledger

Space Chimps - Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li
Superhero Movie
Drake Bell, Sara Paxton

Wanted
James McAvoy, Angelina Jolie
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson

Kung Fu Panda
Animation PV
13.40-15.50

The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

Get Smart
Steve Carell, Anne Hathaway
13.50-16.20-18.45-21.15-23.50

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28 AUG-3 SEP

WALL•E - Animation PV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson

Star Wars: The Clone Wars
Animation PV
Hellboy II: The Golden Army
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Brendan Fraser, Josh Hutcherson
EL CORTEINGLÉS
TEL: 707 23 22 21
28 AUG-3 SEP

Get Smart
Steve Carell, Anne Hathaway
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall

Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

Kung Fu Panda
Animation PV
Superhero Movie
Drake Bell, Sara Paxton
Hellboy II: The Golden Army
Ron Perlman, Selma Blair

WALL•E - Animation PV
Animation PV & OV
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Chapter 27
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James McAvoy, Angelina Jolie
Star Wars: The Clone Wars
Animation OV & PV
Tropa de Elite
Wagner Moura, André Ramiro

Journey to the Center of the Earth
(3D)
Brendan Fraser, Josh Hutcherson
Nim's Island
Abigail Breslin, Jodie Foster

LUSOMUNDO AMOREIRAS
TEL: 707 246362
28 AUG-3 SEP

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LUSOMUNDO COLOMBO
TEL: 707 246362
28 AUG-3 SEP

Star Wars: The Clone Wars
Animation PV & OV
Kung Fu Panda - Animation PV
Get Smart
Steve Carell, Anne Hathaway

WALL•E - Animation OV
The X-Files: I Want to Believe
David Duchovny, Gillian Anderson
Babylon A.D.
Vin Diesel, Michele Yeoh

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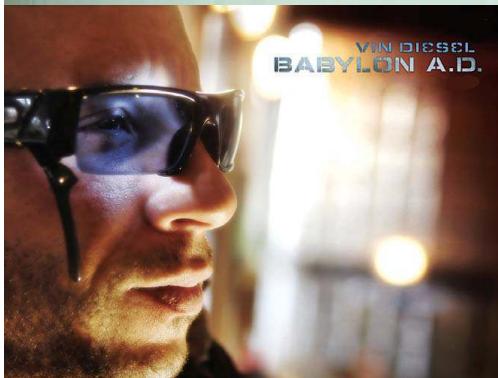
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It is the not-too-distant future. Thousands of satellites scan, observe and monitor our every move. Much of the planet is a war zone; the rest, a collection of wretched way stations, teeming megalopolises, and vast wastelands punctuated by areas left radioactive from nuclear meltdowns.

It is a world made for hardened warriors, one of whom, a mercenary known only as Toorop (Vin Diesel), lives by a simple survivor's code: kill... or be killed. His latest assignment has him smuggling a young woman named Aurora from a convent in Kazakhstan to New York City.

Toorop, his new young charge Aurora (Melanie Thierry) and Aurora's guardian Sister Rebeka (Michelle Yeoh) embark on a 6,000 mile journey that takes them from Eastern Europe, through a refugee camp in "New Russia," across the Bering Strait in a pilfered submarine, then through the frozen tundra of Alaska and Canada, and finally to New York.

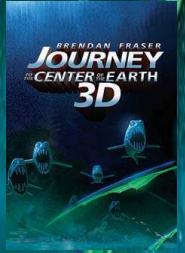
Facing obstacles at every turn, Toorop, the killer for hire, is tested like never before, in ways he could never have imagined - as he comes to understand that he is the custodian of the only hope for the future of mankind.

For the first time in his life, Toorop has to make a choice: to make a difference or walk away and save himself.



In the family adventure *Journey to the Center of the Earth*, three adventurers plunge deep into a strange new realm beneath the Earth's surface where they embark on an amazing voyage and find awe-inspiring sites amidst grave danger.

During a scientific expedition in Iceland, visionary scientist Trevor Anderson (Brendan Fraser), his nephew Sean (Josh Hutcherson) and their local guide, Hannah (Anita Briem), are unexpectedly trapped in a cave from which their only escape is to go deeper and deeper into the depths of the Earth. Travelling through never-before-seen worlds, the trio comes face-to-face with surreal and unimaginable creatures - including man-eating plants, giant flying



piranha, glow birds and terrifying dinosaurs from days past. The explorers soon realize that as volcanic activity increases around them, they must find a way back to the earth's surface before it is too late.

NIM'S ISLAND

Adventure Rules!

Anything can happen on Nim's Island, a magical place ruled by 11 year old Nim's (Abigail Breslin) imagination. It is an existence that mirrors that of her favourite literary character, Alex Rover (Gerard Butler) - the world's greatest adventurer. But Alexandra (Jodie Foster), the author of the Rover books, leads a reclusive life in the big city. When Nim's father (Gerard Butler) goes missing from their island, a twist of fate brings her together with Alexandra. Now, they must draw courage from their fictional hero, Alex Rover, and find strength in one another to conquer Nim's Island.

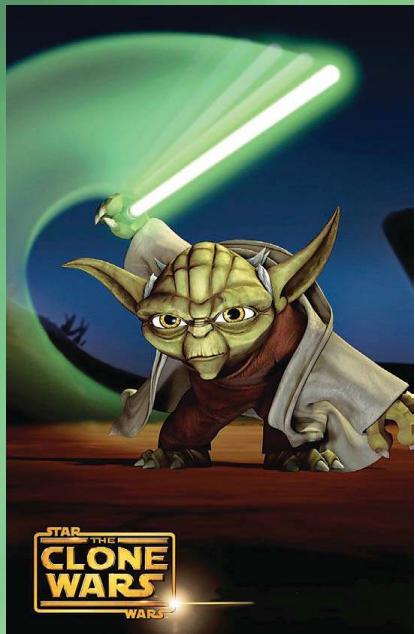
Nim's Island stars Abigail Breslin, Jodie Foster, and Gerard Butler. The movie is an adventure-fantasy film based on the book *Nim's Island* by Wendy Orr.



Star Wars: The Clone Wars is a CGI animated science-fiction film that follows the continuing adventures within the Star Wars universe, set between *Star Wars Episode II: Attack of the Clones*, and *Star Wars Episode III: Revenge of the Sith*.

On the front lines of an intergalactic struggle between good and evil, fans young and old will join such favourite characters as Anakin Skywalker, Obi-Wan Kenobi and Padmé Amidala, along with brand-new heroes like Anakin's padawan learner, Ahsoka. Sinister villains - led by Palpatine, Count Dooku and General Grievous - are poised to rule the galaxy.

Stakes are high, and the fate of the Star Wars universe rests in the hands of the daring Jedi Knights. Their exploits lead to the action-packed battles and astonishing new revelations that fill *Star Wars: The Clone Wars*.



HOME OF THE BRAVE

From Academy Award-winner Irwin Winkler comes *Home of the Brave*, the story of four American soldiers nearing the end of their tours of duty in Iraq. Shortly after learning their unit will soon return home, they are sent on one final humanitarian mission to bring medical supplies to a remote Iraqi village.

The unit is ambushed and takes heavy losses. The surviving troops suffer both physical and psychological injuries. Now, as they return to the United States, four soldiers (Samuel Jackson, Jessica Biel, Curtis Jackson [50 Cent], Brian Presley) must face memories of the past as they look towards the future and return to civilian life.

These are their stories. *Home of the Brave* is about hope and courage and the impact of war on both the individuals who fight it and the people close to them.



CELEB NEWS

Hollywood actor **Kiefer Sutherland** has confessed he doesn't deserve the millions he earns for his profession. The **24** star believes actors are paid too much for their job and admits those working in the emergency services are more deserving of the money. He says, "The kind of money generated around the industry is way out of proportion. The admiration bestowed on actors is also out of perspective. Doctors are the stars of our society - people like my grandfather who was responsible for the health care in Canada - as well as teachers, firefighters and police officers". **»»»** French actress **Audrey Tautou** will star as fashion legend **Coco Chanel** in a new biopic. **The Da Vinci Code** star will portray the icon, who died aged 87 in 1971, in a film entitled **Coco avant Chanel**. It will focus on Chanel's revolutionary effect on the fashion industry after setting up her first shop in 1910. **Karl Lagerfeld**, art director of the fashion house that Chanel founded, will oversee the costumes - many of which will be re-creations of Chanel's own designs. The Chanel brand has been endorsed by **Nicole Kidman**, **Keira Knightley** and **Kate Moss**. Production on the movie is due to start in Paris on September 15th, and the film is slated for release next year. **»»»** **Charlie Sheen** and his new wife **Brooke Mueller** "couldn't be more excited" at the prospect of welcoming a new addition to their family. The couple, who wed in May, announced that they were expecting their first baby together - and Sheen is "beyond happy" at the thought of having a child with Mueller. He says, "Brooke informed me two days ago that very soon we'd be producing our own version of 'Two-and-a-Half Men'. That would imply it's a boy, so until we know, we'll refer to it as 'Two-and-a-Half People'. We're beyond happy to be new parents together". Mueller adds, "We couldn't be more excited to add to our already big and happy family!" The actor has three daughters; Cassandra, 23, from his relationship with Paula Profitt, and Samantha, four, and three-year-old Lola from his marriage to former James Bond actress Denise Richards. **»»»** **Jada Pinkett Smith** and **Ben Stiller** turned the **Madagascar** sequel into a family affair - by landing voice work for their kids. Pinkett Smith's daughter Willow and Stiller's kids Quinlin and Ella all won parts in the animated movie - and their parents couldn't have been prouder. The actress says, "It was so cute because she'd been asking, 'How does that work? How does the animation thing work? Mommy, what happens?' So, it was great when I got the phone call saying, 'Would Willow like to play little Gloria?' My character as a child? She got to come in and do some lines". But Stiller insists he wasn't completely comfortable when he got his kids into the studio to record spots. He explains, "They don't like to be told to do anything, but when my son got in front of the microphone, he was good. He just had fun and he was, like, making sounds, and we were saying, like, 'Oh, be happy, be sad.' Then he started to get a little bit intimidated by the microphone and the whole thing. That's when you start to feel like you're this horrible stage parent telling them, 'Laugh! Cry!'. But I'm happy that they're both in the movie... I was happy that they weren't getting up there and going all (child star) **Shirley Temple** or something". **»»»** **Brad Pitt** has turned photographer to capture his partner **Angelina Jolie** and the couple's kids for a new magazine spread. U.S. fashion magazine **W** commissioned the movie hunk to show off his lensman skills for the publication's upcoming November issue. And one of the vintage cameras collector Pitt used for the candid family photos was a Littman 45 Jolie gave him as a birthday gift. **»»»** Moviemaker **Martin Scorsese** is set to take his directing talents to the small screen in an upcoming U.S. television pilot. The Oscar-winner is reportedly in negotiations to direct forthcoming HBO show **Boardwalk Empire**. Scorsese will team-up with actor **Mark Wahlberg** to executive produce the project - documenting the scene of 1920s East Coast gambling Mecca Atlantic City, New Jersey. **»»»** Broadway sensation **August: Osage County** is to be made into a movie, after wowing theatre-goers and critics during a year-long stint on the New York stage. The play, written by **Tracy Letts**, follows an Oklahoma family after the disappearance of the patriarch. The production has been a regular sell-out and scooped five Tony Awards earlier this year - prompting Hollywood bosses to sit up and take notice. A screenplay is currently being worked on, with no budget or shooting schedule yet decided. But Hollywood producer **Jean Doumanian** is convinced she will have no trouble casting the film - because so many stars have checked out the play, including **Nicole Kidman**, who attended a performance with her husband **Keith Urban** earlier this year. Doumanian says, "So many actors and stars have come to see it on Broadway, and we've gotten inquiries. People are enthusiastic about the film version". **»»»**

NORTH

UCICINEMAS ARRABIDASHOPPING
TEL: 707 23 22 21
28 AUG-3 SEP

Star Wars: The Clone Wars

Animation OV & PV

Hellboy II: The Golden Army

Ron Perlman, Selma Blair

Wanted

James McAvoy, Angelina Jolie

The Mummy: Tomb of the Dragon Emperor

Brendan Fraser, Jet Li

Kung Fu Panda

Animation PV

Sex and the City: The Movie

Sarah Jessica Parker, Kim Cattrall

Made of Honor

Patrick Dempsey, Michelle Monaghan

Hancock

Will Smith, Jason Bateman

The X-Files: I Want to Believe

David Duchovny, Gillian Anderson

Harold & Kumar: Escape from Guantanamo Bay

John Cho, Kal Penn

Joy Division

Documentary

Home of the Brave

Samuel L. Jackson, Jessica Biel

Batman: The Dark Knight

Christian Bale, Heath Ledger

Get Smart

Steve Carell, Anne Hathaway

Nim's Island

Abigail Breslin, Jodie Foster

Indiana Jones and the Kingdom of the Crystal Skull

Harrison Ford, Shia LaBeouf

WALL-E

Animation PV & OV

Surveillance

Bill Pullman, Julia Ormond

Babylon A.D.

Vin Diesel, Michele Yeoh

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Wagner Moura, André Ramiro

LUSOMUNDO FORUM AVEIRO

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28 AUG-3 SEP

Superhero Movie

Drake Bell, Sara Paxton

Kung Fu Panda

Animation PV

Hancock

Will Smith, Jason Bateman

Batman: The Dark Knight

Christian Bale, Heath Ledger

WALL-E - Animation PV

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Sónia Bandeira, Fábio Oliveira

Get Smart

Steve Carell, Anne Hathaway

Babylon A.D.

Vin Diesel, Michele Yeoh

LUSOMUNDO GLICÍNIAS

TEL: 707 246362

28 AUG-3 SEP

Kung Fu Panda

Animation Digital PV

Batman: The Dark Knight

Christian Bale, Heath Ledger

The X-Files: I Want to Believe

David Duchovny, Gillian Anderson

Star Wars: The Clone Wars

Animation PV

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Kung Fu Panda - Animation PV

Space Chimps - Animation PV

I Served the King of England

Ivan Barnev, Oldrich Kaiser

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Hellboy II: The Golden Army

Ron Perlman, Selma Blair

Nim's Island

Abigail Breslin, J

Congratulations on your pregnancy Louise and Pat!

SAT

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T)
11.30 MasterChef - The Professionals. (R) (T)
12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Olympics 2008. (T) 1.35 Live Rugby League. St Helens v Hull FC (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T)

5.30 After You've Gone. Diana tries to teach the children a lesson; (R) (T) Merlin: Special Preview. A look ahead to the new fantasy drama series. Showing shortly on Saturday evenings, it tells the story of a young King Arthur and his wizard friend, and stars Richard Wilson and Anthony Head. (T)

6.00 Last Choir Standing. Nick Knowles and Mylene Klass host the live grand final of the search for a singing group, as three choirs go head to head to be crowned the best in Britain. The results are at 8.50pm. (T)

7.05 Weakest Link Special. Anne Robinson hosts the general knowledge quiz. (T)

8.00 The National Lottery: Big 7. Part one of two. Extravaganza hosted by Jenni Falconer and Ben Shephard celebrating the ways in which lottery funds support good causes in communities across the UK, with four awards being presented in this first programme by celebrities including Gethin Jones and Amanda Mealing. A quiz pits EastEnders actress Rita Simons, TV presenter Bill Oddie and Olympic gold medal-winning rower James Cracknell against one another, and McFly will be performing. Includes the Dream Number and Daily Play draws. (T)

8.50 Last Choir Standing. Nick Knowles and Mylene Klass announce the winner of the search for a singing group to be crowned the best in Britain. (T)

9.20 The National Lottery: Big 7. Part two of the celebration of the causes lottery funds have helped in recent years, with Scott Maslen among the celebrities presenting awards. The quiz enters the elimination round. (T)

10.00 BBC News; Weather; (T) National Lottery Update. (T)

10.20 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including Arsenal v Newcastle United and West Ham United v Blackburn Rovers. The Magpies lost three matches last season at the Emirates Stadium and would be delighted to pick up a point, while Hammers fans are sure to give former player Paul Ince a hostile reception on his first visit to Upton Park as Blackburn manager. (T)

11.30 FILM: The Big Easy (1987). Stylish crime thriller, starring Dennis Quaid; (T) Weatherview. (T)

1.10 BBC News. (T)

LOCAL

Best of the Rest

BBC3

7.00 TV Gaffes Galore Outtakes 7.10 The Real Hustle 8.10 Almost Famous 9.10 The Most Annoying Couples We Love to Hate 11.40 Family Guy 12.05 Family Guy 12.25 Two Pints of Lager and a Packet of Crisps 12.55 Two Pints of Lager and a Packet of Crisps 1.20 Britain's Really Disgusting Foods 2.20 The Wrong Door 2.50 Spooks: Code 9 3.40 Two Pints of Lager and a Packet of Crisps 4.10 Two Pints of Lager and a Packet of Crisps 4.35 Close

BBC4

7.00 Coal House 7.30 Jane Eyre 8.30 Jane Eyre 9.30 Outnumbered 10.00 Takin' Over the Asylum 10.50 Takin' Over the Asylum 11.40 Hold Me Tight, Let Me Go 1.20 Travellers' Century 2.20 Travellers' Century 3.20 Travellers' Century 4.20 Close

ITV2

1.25 Holiday Airport: Sydney 2.25 Nanny 911 3.25 American Princess 4.25 All Star Family Fortunes 5.10 The Xtra Factor 6.10 An Audience with Neil Diamond 7.10 Animals Do the Funniest Things 8.10 The Xtra Factor 9.10 The Passions of Girls Aloud 10.10 Film: The Silence of the Lambs 18 (1990) 12.25 The X Factor 1.25 The Xtra Factor 2.25 The Passions of Girls Aloud 3.10 Nanny 911 3.55 With a Little Help from My Friends 4.45 Young, Posh and Penniless 5.10 American Princess

Sky One

1.00 Brainiac: Science Abuse 2.00 Don't Forget the Lyrics US 3.00 Malcolm in the Middle

SIC

0600 Etnias 0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Our World 1300 News 1400 Special Episode 1500 Film TBA 1745 Film TBA 2000 News 2115 Camilo 2230 Os Malucos do Riso 2330 A Favorita 0030 CSI New York 0130 Jericho 0230 Todos em Linha 0415 Home Alone, film

TVI

0700 Children TV 0930 Smackdown! Wrestling 1100 Delux 1215 Operação Portugal 1300 Jornal da Uma 1400

Heroes 1600 Cats and Dogs, film 1800 The Invisible Man, film 2000 News 0000 Meet Joe Black, film

TVI2

1.00 Brainiac: Science Abuse

2.00 Don't Forget the Lyrics US 3.00 Malcolm in the Middle



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBCB: Roar. (R) (T)

8.00 The National Lottery: Big 7. Part one of two. Extravaganza hosted by Jenni Falconer and Ben Shephard celebrating the ways in which lottery funds support good causes in communities across the UK, with four awards being presented in this first programme by celebrities including Gethin Jones and Amanda Mealing. A quiz pits EastEnders actress Rita Simons, TV presenter Bill Oddie and Olympic gold medal-winning rower James Cracknell against one another, and McFly will be performing. Includes the Dream Number and Daily Play draws. (T)

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11.30 FILM: The Big Easy (1987). Stylish crime thriller, starring Dennis Quaid; (T) Weatherview. (T)

1.10 BBC News. (T)

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30 AUG

Pick of the Day

Last Choir Standing (BBC1, 6pm)

It might not have found the choir of angels it seemed to promise with the early publicity, but this show has certainly found plenty of talented groups who have raised the rafters with their glorious voices over the past few weeks. Now that the X Factor's back, it probably going to be doing so with style. Which of the remaining singers deserve to lift the ultimate crown? The last three choirs battle it out in tonight's live finale, each desperate to claim the title of Last Choir Standing. From the 60 choirs that auditioned at Cadogan Hall, only the best three are still in with a chance of victory. Over the past three weeks they have been vying for the votes of viewers at home, but how will they fare tonight? Two choirs will fall at the final hurdle, but one will triumph and be named Last Choir Standing. As always, Mylene Klass and Nick Knowles host the show, with judges Russell Watson, Sharon D Clarke and Suzi Digby on hand to offer their expert opinions.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Transmission. (R) (T) 9.30 T4: Je suis un Rock Star. (T) 10.00 T4: Big Brother. (R) (T) 11.00 T4: Big Brother. (R) (T) 11.30 T4: Friends. (R) (T) 12.00 T4: Reaper. (R) (T) 1.00 T4: Scrubs. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from Sandown Park and Chester. Including the 2.35 betintertnet.com Solaris Stakes. (T) 4.00 Supernanny USA. (T) 4.55 Quest for the Lost Ark. (R) (T) 6.25 Channel 4 News. (T) 6.50 FILM: Batman Forever (1995). Val Kilmer dons the cape in this sequel. The Gotham crimebuster takes on Two-Face and Riddler, who are plotting to control the brains of the entire world. With Tommy Lee Jones. (T) 9.10 Big Brother. Highlights of the latest goings-on as the remaining housemates embark on their last week under the constant scrutiny of the cameras. (T) 10.10 FILM: Bride and Prejudice (2004). Romantic Bollywood-style comedy, loosely based on Jane Austen's classic Pride and Prejudice, about a mother hoping to find suitable husbands for her daughters. Aishwarya Rai stars. (T) 12.15 4Music: Live from Abbey Road. (T) 1.20 Big Brother Live. 4.25 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

6.00 Sunrise. 7.00 Milkshake! Harry and His Bucket Full of Dinosaurs. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 The Save-Ums! (R) (T) 7.35 Franny's Feet. (R) (T) 7.50 The Adventures of Bottie Top Bill and His Best Friend Corky. (R) (T) 8.05 Little Princess. (R) (T) 8.20 Miss Spider's Sunny Patch Friends. (R) (T) 8.35 The Mr Men Show. (R) (T) 8.50 The Mr Men Show. (R) (T) 9.10 Rupert Bear. (R) (T) 9.20 Animal Families. (R) (T) 9.35 The Secret of Eel Island. (R) (T) 9.50 Little Lodgers. (R) (T) 10.00 Britain's Strongest Man. (R) (T) 11.00 Superstars. (R) (T) 12.00 Monkey Life. (R) (T) 12.30 Zoo Days. (T) 12.35 FILM: Lone Star State of Mind (2002). Crime comedy, starring Joshua Jackson. (T) 2.20 FILM: Mystery Woman: Vision of a Murder (2005). Crime drama, starring Kellie Martin. (T) 4.05 FILM: The Taking of Pelham 123 (1974). Thriller, starring Walter Matthau. (T) 6.00 FILM: Two Miles for Sister Sara (1970). Grizzled drifter Clint Eastwood rescues run Shirley MacLaine from rapists and gets roped into escorting her across the Mexican desert. Offbeat Western, also starring Manolo Gabregas. (T) 7.55 five news and sport. (T) 8.10 NCIS. McGee tries to help his sister, who believes she may have murdered someone but is too traumatised and disorientated to remember exactly what happened. (R) (T) 9.10 CSI: Crime Scene Investigation. An actress becomes the victim of an axe murderer and suspicion falls on the studio bosses, who could make huge profits from the publicity surrounding the tragedy. (R) (T) 10.10 Law & Order: Criminal Intent. (R) (T) 11.00 FBI Files. (R) (T) 12.10 Quiz Call. 4.30 Game Ranger Diaries. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake! Harry and His Bucket Full of Dinosaurs. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 The Save-Ums! (R) (T) 7.35 Franny's Feet. (R) (T) 7.50 The Adventures of Bottie Top Bill and His Best Friend Corky. (R) (T) 8.05 Little Princess. (R) (T) 8.20 Miss Spider's Sunny Patch Friends. (R) (T) 8.35 The Mr Men Show. (R) (T) 8.50 The Mr Men Show. (R) (T) 9.10 Rupert Bear. (R) (T) 9.20 Animal Families. (R) (T) 9.35 The Secret of Eel Island. (R) (T) 9.50 Little Lodgers. (R) (T) 10.00 Britain's Strongest Man. (R) (T) 11.00 Superstars. (R) (T) 12.00 Monkey Life. (R) (T) 12.30 Zoo Days. (T) 12.35 FILM: Lone Star State of Mind (2002). Crime comedy, starring Joshua Jackson. (T) 2.20 FILM: Mystery Woman: Vision of a Murder (2005). Crime drama, starring Kellie Martin. (T) 4.05 FILM: The Taking of Pelham 123 (1974). Thriller, starring Walter Matthau. (T) 6.00 FILM: Two Miles for Sister Sara (1970). Grizzled drifter Clint Eastwood rescues run Shirley MacLaine from rapists and gets roped into escorting her across the Mexican desert. Offbeat Western, also starring Manolo Gabregas. (T) 7.55 five news and sport. (T) 8.10 NCIS. McGee tries to help his sister, who believes she may have murdered someone but is too traumatised and disorientated to remember exactly what happened. (R) (T) 9.10 CSI: Crime Scene Investigation. An actress becomes the victim of an axe murderer and suspicion falls on the studio bosses, who could make huge profits from the publicity surrounding the tragedy. (R) (T) 10.10 Law & Order: Criminal Intent. (R) (T) 11.00 FBI Files. (R) (T) 12.10 Quiz Call. 4.30 Game Ranger Diaries. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

5.00 CITV: Jim Jam & Sunny. (R) (T) 5.10 Jim Jam & Sunny. (R) (T) 5.20 Jim Jam & Sunny. (R) (T) 5.35 Jim Jam & Sunny. (R) (T) 5.45 Jim Jam & Sunny. (R) (T) 6.00 GMTV. 9.25 CITV: Jim Jam & Sunny. (R) (T) 9.40 Captain Mack. (R) (T) 10.10 Supernormal. (R) (T) 10.25 Drake & Josh. (R) (T) 10.55 Finger Tips. (R) (T) 11.15 Art Attack. (R) (T) 11.40 Planet Sketch. (R) (T) 11.45 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 Coronation Street. (T) 1.45 FILM: Ages High (1976). World War One drama, starring Malcolm McDowell. (T) 3.40 Inspector Morse. (R) (T)

5.40 London Tonight; Weather. (T)

5.55 ITV News and Weather. (T)

6.10 Funniest Ever You've Been Framed! Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including the funniest teens, dogs, weddings, birthdays and performances ever to be caught on camera. (R) (T) 7.10 The X Factor. Simon Cowell, Louis Walsh, Cheryl Cole and Dannii Minogue audition another bunch of would-be chart stars, from genuine hopefuls to the completely hopeless. Highlights include a 43-year-old pizza-delivery man who claims he can be bigger than Michael Jackson, this year's oldest entrant and a blast from the past for the judges as a former audience returns, aiming to prove she now has what it takes. (T)

8.10 Who Wants to Be a Millionaire? Celebrity. TV presenter Kirsty Gallacher teams up with Dragons' Den entrepreneur Duncan Bannatyne, hoping to raise funds for children's charity NCH, while Falklands War hero Simon Weston and actress Denise Welch take the hotseat in a bid to scoop big money for youth charity Weston Spirit. Chris Tarrant hosts. (T)

9.10 FILM: The Time Machine (2002). Premiere. A 19th-century scientist vows to prove time travel is possible. But when his fiancee is killed, he uses his research to change history. Sci-fi adventure, starring Guy Pearce. (T)

10.55 ITV News and Weather; Weather. (T)

11.10 That's What I Call Television. Guest host Matthew Kelly joins Fern Britton for a celebration of the cream of TV programmes, adverts and theme tunes from the 1980s. The pair reunite the stars of Scouse sitcom Bread and recreate a Miss World contest before Matthew meets up with his former Game For a Laugh colleagues. (R) (T)

12.10 Bingo Night Live. 1.20 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines.

2.10 FILM: The Long Run (2000). Premiere. Drama, starring Armin Mueller-Stahl. (T) 4.05 ITV Nightscreen. (T)

MOVIES

Sky Movies Drama

6.45 A Time to Decide PG (2000) 8.20 Drama: Close Up 8.05 This Is My Father 15 (1998) 9.05 14 Hours 12 (2005) 12.30 The Front 15 (1976) With Woody Allen. 2.10 The Top 10 Show 2.30 Saving Mally PG (2005) With Bruce Greenwood. 4.00 Take the Lead 12 (2006) With Antonio Banderas. 6.00 Catch and Release 12 (2007) With Jennifer Garner. 8.00 World Trade Center 12 (2006) With Nicolas Cage. 10.15 Great Expectations 15 (1998) With Ethan Hawke. 12.10 Midnight Express 18 (1978) With Brad Davis. 2.20 Casino 18 (1995) With Robert De Niro. 5.20 Nurses on the Line: The Crash of Flight 7 PG (1993)

Sky Movies Action

6.50 Pirates of the Caribbean: Dead Man's Chest 12 (2006) 9.40 Snakes on a Plane 15 (2006) 11.45 The 13th Warrior 15 (1999) With Antonio Banderas. 1.50 Snakes on a Plane 15 (2006) With Samuel L Jackson. 3.55 Pirates of the Caribbean: Dead Man's Chest 12 (2006) With Johnny Depp. 6.45 Twister PG (1996) With Helen Hunt. 9.00 Fire Down Below 18 (1997) With Steven Seagal. 10.55 The 13th Warrior 15 (1999) With Antonio Banderas. 12.45 Crank 18 (2006) With Jason Statham. 2.25 Last Seduction 18 (1997) With Joan Severance. 4.20 Warriors of Virtue PG (1997)

Sky Movies Comedy

6.10 Let's Make Love U (1960) 8.10 RV: Runaway Vacation PG (2006) 9.50 Sister Act PG (1992) 11.35 Tenacious D In The Pick of Destiny 15 (2006) With Jack Black. 1.15 Big Daddy 12 (1999) With Adam Sandler. 2.50 Austin Powers: The Spy Who S***** Me 12 (1999) With Mike Myers. 4.35 RV: Runaway Vacation PG (2006)

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Off The Bar 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football League. Southampton v Blackpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Watford v Ipswich Town (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Off The Bar 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football League. Southampton v Blackpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Watford v Ipswich Town (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Live Rugby Union. Manawatu v North Harbour (Kick-off 6.30am). 8.30 Live Rugby Union. Waikato v Auckland (Kick-off 8.35am). 10.30 International Cricket at Glenelgues. 5.00 WWE: Bottom Line 6.00 Live Speedway. The Latvian Grand Prix. 9.00 Golf Night 11.00 Ladies European Tour Golf 12.00 NFL: Total Access 1.00 Live International Cricket. Australia v Bangladesh.

Sky Sports 3

6.00 Race World 7.00 Golf Night 9.30 World Sport 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 IAAF Athletix Weekly 1.30 Live Cricket. Worcestershire Day six at Flushing Meadows. 12.00 Live US Open Tennis. Day six continues at Flushing Meadows. 4.00 World Sport 1.00 Tennis. The sixth day at Flushing Meadows. 1.00 Live US Open Tennis. 4.30 Irish Greyhound Racing 5.00 IAAF Athletix Weekly 5.30 FIFA Futbol Mundial

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SUN

BBC1

6.00 Breakfast. (T) 7.50 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 BBC News. (T) 12.05 EastEnders. (T) 2.00 The Sarah Jane Adventures. (R) (T) 2.55 Diagnosis Murder. (R) (T) 3.40 Last Choir Standing. (T)

5.05 Weakest Link Special. Carole Malone, Paul Ross, Polly Graham and Garry Bushell are among the journalists competing against celebrities Ron Atkinson, Isabella Hervey and Jodie Marsh. (R) (T)

6.00 Songs of Praise. Aled Jones' tour of Britain's cathedrals ends in Edinburgh, where he presents more highlights, including a meeting with a pensioner campaigning for prisoners of conscience. (T)

6.35 Keeping Up Appearances. Hyacinth decides to share her experience of being the perfect hostess by advertising in the local newspaper. Comedy, starring Patricia Routledge. (R) (T)

7.05 Last of the Summer Wine. Lenny turns up in the village once more, followed by his long-suffering assistant Cliff. This time, the show-business hopeful becomes convinced that he can finally make a name for himself by becoming an escapist. Guest starring Tommy Cannon and Bobby Ball. Last in series. (T)

7.35 BBC News; Regional News; Weather. (T)

8.00 Pacific Abyss. Al Palau, Kate Humble and the crew prepare to dive the Pelorus Express, a dangerously fast drift dive brimming with unseen wonders. The arrival of a revolutionary new submersible allows the team to plan an expedition to unseen depths. Meanwhile, former Royal Marine Michael Pitts visits the site of one of the bloodiest conflicts of the Pacific War. Last in series. (T)

9.00 Fiona's Story. Gina McKee and Jeremy Northam star in this one-off, thought-provoking drama exploring a woman's struggle to hold her family together after her husband is accused of downloading child pornography from the Internet. Though knowing her marriage wasn't perfect, she faces the terrifying possibility her three daughters might not be safe and that the man she loved could be guilty of a terrible crime. (T)

10.30 BBC News; Weather. (T)

10.50 FILM: Half Nelson (2006). Premiere. Drama, starring Ryan Gosling; (T) Weatherview. (T)

12.35 Sign Zone: Pacific Abyss. (R) (T) 1.35 Sign Zone: My Zinc Bed. (R) (T) 2.45 Sign Zone: Holby City. (R) (T) 3.45 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.30 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Roar. (R) (T) 8.00 Mona the Vampire. (R) (T) The Owl. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Stupid: The King of Stupidity causes chaos. (R) (T) 9.00 Smart. With Tess Robbins, governor of the Slammer. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 MotoGP. The San Marino Grand Prix. (T) 2.15 Live Athletics. The British Grand Prix. (T) 5.30 Killer Whales in the UK? (R) (T) 6.00 Dragons' Den. (R) (T) 7.00 Earth: The Power of the Planet. Dr Iain Stewart demonstrates Earth's unique strength derived from its position in the solar system and the protection afforded by the presence of the larger Jupiter. Last in series. (R) (T) 8.00 Top Gear. The team test the reliability of used Alfa Romeo. (R) (T) 9.00 The Conspiracy Files: Lockerbie. The truth behind the bombing of Pan Am Flight 103. (T) 10.00 Match of the Day 2. Including highlights of Aston Villa v Liverpool. (T) 11.00 Metallica: A Culture Show Special. Verity Sharp joins the group in Norway during their summer tour of Europe, interviewing band members and going backstage to capture their rehearsals and pre-show activities. (T) 11.30 FILM: Chopper (2000). Fact-based Australian drama, starring Eric Bana. (T) 1.00 BBC News. (T) 4.25 Close.

Pick of the Day

Fiona's Story (BBC1, 9pm)

Most parents try to keep their children away from predatory strangers, but what happens if it turns out the one person you believed had their safety at heart might actually be the biggest threat to them? That's the problem posed by this hard-hitting one-off drama. Gina McKee leads the cast as Fiona, a middle-class woman who seems to have the perfect life — until the police unexpectedly turn up to arrest her husband Simon for downloading images of child abuse. All the family's computers are seized as evidence, but Simon is released on bail and allowed to return home. He believes it would be in everyone's best interests to keep quiet about the investigation, claiming that if word gets out, they'll only be persecuted. However, Fiona isn't sure who to believe or what to do for the best, especially as she now fears her three daughters may not be safe with their father. While many viewers will no doubt be astounded at the screen for her to kick him out and change the locks, the worried mum battles with complex feelings as she tries to hold her family together. Jimi Mistry, Claire Bloom, Nicholas Farrell and Amanda Root also star, while Jeremy Northam is the brave actor taking on the role of Simon.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 The British Formula 3 International Series. (T) 7.55 Highland Challenge. 8.55 74: Friends. (R) (T) 9.25 T4: Hollyoaks. (T) 12.00 T4: Big Brother's Little Brother. (T) 1.00 T4: Music Presents: Alicia Keys. (T) 1.50 T4: Friends. (R) (T) 2.20 T4: Big Brother's Diary Room Uncut. (T) 3.20 T4: Friends. (R) (T) 3.55 T4: The Simpsons. (R) (T) 4.25 T4: The Simpsons. (R) (T) 4.55 Deal or No Deal. (T) 5.45 Deadliest Catch. (T) 6.45 Channel 4 News. (T) 7.00 The Sculpture Diaries. New series exploring the relationship between humanity and sculpture. (T) 8.00 Wife Swap. A full-time mother trades places with a career mum with her own sweet shop, and while the former struggled to run a business, the latter discovers the joy of delegating chores. (T) 9.00 Big Brother. The final week continues. (T) 10.00 FILM: Final Destination 2 (2003). A teenage girl has a vision of a devastating motorway pile-up, which promptly occurs for real and leads her to believe she has cheated death. Horror sequel, starring AJ Cook. (T) 11.40 The Incredible Will & Greg. (T) 12.15 Back to You. (T) 12.45 Big Brother Live. 4.20 Make Me a Christian. The volunteers prepare for the final testimonial service. Last in series. (R) (T) 5.20 British Superbike Championship. (R) (T)

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FIVE

6.00 Milkshake! Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Mio Mac. (R) (T) 7.05 The Save-Ums!. (R) (T) 7.25 Franny's Feet. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.55 Little Princess. (R) (T) 8.10 Miss Spider's Sunny Patch Friends. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 Rupert Bear. (R) (T) 9.10 Animal Families. (R) (T) 9.30 George Shrinks. (R) (T) 10.00 Highland Emergency. (R) (T) 10.30 Animal Rescue Squad. (R) (T) 10.50 Fifth Gear. (R) (T) 11.50 FILM: Wyoming Renegades (1955). Western, starring Philip Carey. (T) 1.10 FILM: The Adventures of Robin Hood (1938). Classic swashbuckler, starring Errol Flynn. (T) 3.10 FILM: The Odyssey (1997). Adaptation of Homer's epic, starring Armand Assante. (T) 6.00 Extraordinary People: The Woman with Giant Legs. (R) (T) 7.00 five news and sport. (T) 7.15 Cricket on five. England v South Africa. (T) 8.00 Rory and Paddy's Great British Adventure. Rory McGrath and Paddy McGuinness take part in toe wrestling. (R) (T) 9.00 FILM: A Perfect Murder (1998). An angry businessman decides to have his unfaithful wife killed - and hires her poverty-stricken artist lover to do the dirty deed. Thriller, starring Michael Douglas. Including five news update. (T) 11.10 Banged Up Abroad. (R) (T) 12.10 Urban Legends. (R) (T) 12.40 Major League Baseball. 4.20 ITU Triathlon. 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

LOCAL

Best of the Rest

RTP1
0630 Espaço Infantil 0705
Brinca Comigo 0800 Bom Dia Portugal 1000
Eucarista Dominicano 1100
Verão Total 1300 News 1415 Há Volta 1600
Ciclismo 1915 2100 News 2200 Olympics 2330
Ciclismo 2345 Domingo Desportivo 0115 Lawrence da Arábia 0500 Euronews 0605 Nós

RTP2
0700 Euronews 0730 Olympic Games 1000
Caminhos 1030 70x7 1100 Vida Por Vida 1130
Olympic Games 1530
Campeões 1630 The Ugly Duckling 1800 Pilhação no Reino de Sabá 1900 Arte amad Emotion 200
Bombordo 2030 The Simpsons 2100 Tornar-se uma Mulher em Zanskar 2200 News 2210 Chinguetti 2340 Britcom 0040 Onda Curta 0115 KM Zero 0145 Olympic Games 0545 Euronews SIC

0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 BBC Lifeline 1300 News 1400 Fama Show 1500 Ugly Betty 1600 Film TBA 1800 Film TBA 2000 News 2100 Sic Reportagem 2300 Film TBA 0230 Todos em Linha 0430 Amazônia

TVI
0645 Children's TV 1000 Missa 1300 News 1400 Avenger, film 1600 Phone Box, film 2000 News 2230 Casos da 0000 Homem em Furia, film 0300 Sempre a Sonhar 0400 Eureka 0500 Telesales

BBC3
7.00 The Real Hustle 7.30 The Real Hustle 8.00 Don't Tell the Bride 9.00 Spooks: Code 9.50 Family Guy 10.15 Family Guy 10.35 Two Pints of Lager and a Packet of Crisps 11.05 Two Pints of Lager and a Packet of Crisps 11.35 How Not to Live Your Life 12.05 The Wrong Door 12.35 Don't Tell the Bride 1.35 Spooks: Code 9.25 Two Pints of Lager and a Packet of Crisps 2.55 Two Pints of Lager and a Packet of Crisps 3.25 How Not to Live Your Life 3.55 The Wrong Door 4.25 Close

BBC4
7.00 Proms on Four 2008 8.40 Juliet Bravo 9.30 Outnumbered 10.00 Call the Cops 10.30 My New Best Friend 11.30 My New Best Friend 12.30 My New Best Friend 1.30 Call the Cops 2.00 Proms on Four 2008 3.40 Close

ITV2
1.15 Emmerdale 4.00 Emmerdale Uncut 4.30 Coronation Street 6.30 The Funny Side of the Street 7.30 The Planet's Funniest Animals 8.00 The X Factor 9.00 The Xtra Factor 10.00 Film: The Thomas Crown Affair 1995 12.15 Coronation Street 12.50 Secret Diary of a Call Girl 1.15 Secret Diary of a Call Girl 1.40 The Xtra Factor 2.35 Teleshopping 3.55 ITV2 Nightscreen

Sky One
1.00 Futurama 1.30 Futurama 2.00 Gladiators 3.00 The Simpsons 3.30 The Simpsons 4.00 The Simpsons 4.30 The Simpsons

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama

7.00 Oklahoma! PG (1999)
10.00 The Simple Life of Noah Dearborn PG (1999) 11.45 The Top 10 Show 12.00 Marilyn and Me PG (1991) With Susan Griffiths. 1.45 Kes U (1969) With David Bradley. 3.45 Columbo: Butterfly in Shades of Grey PG (1993) With Peter Falk. 5.30 Rain Man 15 (1988) With Dustin Hoffman. 8.00 The Lake House PG (2006) With Sandra Bullock. 10.00 Munich 15 (2005) With Eric Bana. 12.45 All the King's Men 12 (2005) With Sean Penn. 3.00 Switchback 15 (1997) With Dennis Quaid. 5.10 Miracle in the Woods PG (1997)

Sky Movies Action
6.10 Firewall 12 (2006) 8.05 The Marine 15 (2006) 9.50 Perfect Stranger 15 (2007) 11.50 The Avengers 12 (1998) With Ralph Fiennes. 1.35 Poseidon 15 (2006) With Kurt Russell. 3.25 Beverly Hills Cop III 15 (1994) With Eddie Murphy. 5.20 The Marine 15 (2006) With John Cena. 7.00 Perfect Stranger 15 (2007) With Halle Berry. 9.00 8mm 18 (1999) With Nicolas Cage. 11.20 Smokin' Aces 18 (2006) With Jeremy Piven. 1.25 Year of the Dragon 18 (1985) With Mickey Rourke. 3.55 Slipstream PG (1989) 5.55 Action & Thriller Close Up

Sky Movies Comedy
6.10 Project: ALF PG (1996)
7.45 A Funny Thing Happened on the Way to the Forum PG (1966) 9.30 John Tucker Must Die 12 (2006) 11.05 Norbit 12 (2007) With Eddie Murphy. 12.50 Happy Gilmore 12 (1996) With Adam Sandler. 2.25 Stakeout 15 (1987) With Richard Dreyfuss. 4.25 Forces of Nature 12 (1999) With Sandra Bullock. 6.25 John Tucker Must Die 12 (2006) With Jesse Metcalfe. 8.00 Happy Gilmore 12 (1996) With Adam Sandler. 9.35 Norbit

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Chelsea v Tottenham Hotspur (Kick-off 1.30pm). 3.30 Live Super Sunday. Aston Villa v Liverpool (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football

Sky Sports Action
6.10 Firewall 12 (2006) 8.05 The Marine 15 (2006) 9.50 Perfect Stranger 15 (2007) 11.50 The Avengers 12 (1998) With Ralph Fiennes. 1.35 Poseidon 15 (2006) With Kurt Russell. 3.25 Beverly Hills Cop III 15 (1994) With Eddie Murphy. 5.20 The Marine 15 (2006) With John Cena. 7.00 Perfect Stranger 15 (2007) With Halle Berry. 9.00 8mm 18 (1999) With Nicolas Cage. 11.20 Smokin' Aces 18 (2006) With Jeremy Piven. 1.25 Year of the Dragon 18 (1985) With Mickey Rourke. 3.55 Slipstream PG (1989) 5.55 Action & Thriller Close Up

Sky Sports Comedy
6.00 Live International Cricket. Australia v Bangladesh. 9.30 World Sport 10.00 Sky Sports Classics 10.30 Live International Cricket. England v South Africa. 7.00 International Cricket 8.00 Wild Spirits 8.30 Live Indy Racing League. The second stage between Granada and Jaén. 4.30 Motorsports Weekend. 3.30 Live Cycling: Vuelta a Espana. The second stage at Flushing Meadows. 12.30 Close

Sky Sports 2

6.00 Live International Cricket. Australia v Bangladesh. 9.30 World Sport 10.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Carp Academy 11.30 Racing News 12.00 Live European Tour Golf. The Johnnie Walker Championship at Glenelg. 5.00 WWE: Experience 6.00 Live Golf Night. The Ryder Cup wildcard announcement. 7.00 Golf

Sky Sports 3

6.00 Wild Spirits 6.30 Rugby League 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Carp Academy 11.30 Racing News 12.00 Live European Tour Golf. The Johnnie Walker Championship at Glenelg. 5.00 WWE: Experience 6.00 Live Golf Night. The Ryder Cup wildcard announcement. 7.00 Golf

Sky Sports Xtra

6.00 Rugby Union 8.00 Speedway 11.00 Rugby League 12.00 NFL: America's Game 1.00 US Open Tennis 4.00 Live US Open Tennis. Day seven at Flushing Meadows. 12.00 Live US Open Tennis. Day seven at Flushing Meadows. 12.30 Close

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31 AUG

Sorry to see you leave Portugal Tom and Linda. You will be missed.

From: All your friends

MON

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News: Weather. (T) 11.00 Open House. (T) 11.30 Car Booty; (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 Eliot Kid; (R) (T) The Owl. (R) (T) 4.05 Gina's Laughing Gear; (R) (T) Bernard. (R) (T) 4.35 Grange Hill. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anna Robinson, as members of the public try to outdo each other to win a cash prize. (T) 6.00 BBC News: Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 The Green Green Grass. Marlene allows Boycie to buy a maximum of six cows for the farm - and is less than impressed when Elgin, Jed and Bryan turn up with a herd of 300. The vet is called out when Rocky the bull fails to take any notice of the females, and Tyler prepares to sit a local private school's entrance exam. John Challis and Sue Holderness star; (R) (T) BBC News, Regional News. (T)

8.00 EastEnders. Dawn struggles to pick up the pieces following her bereavement and worries that Jay may arrange the funeral without her knowing. Max behaves impeccably to convince Tanya he is a changed man and Honey and Billy make a decision about Jade's money. Stacey is horrified when Bradley and Callum strike up a friendship. (T) Panorama. Jeremy Vine sheds light on headline warnings of an economic meltdown, revealing which areas could be hit hardest and what steps are being taken to cut back on spending. (T)

9.00 New Tricks. A car in which a teacher was murdered five years ago is returned to its owner - the victim's husband. Pullman reopens the unsolved case, hoping to track down the dead woman's secret lover, who is known to have had a small tattoo - a clue that eventually leads to a male prostitute. Detective drama, starring Amanda Redman, James Bolam, Dennis Waterman and Alan Armstrong. (R) (T) BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Britain's Really Delicious Foods. New series. Alex Riley discovers some of the worst things he has unwittingly eaten by embarking on a no-holds-barred investigation into the dark side of the food industry. (T)

11.35 FILM: Gladiatress (2004). Premiere. Comedy, starring Sally Phillips. (T)

1.05 Sign Zone: Who Do You Think You Are? (R) (T)

2.05 Sign Zone: Fiona's Story. (R) (T) 3.35 Sign Zone: The Cup. (R) (T) 4.05 Sign Zone: Cash in the Celebrity Attic. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Dogstar; (R) (T) Newsround. (T) 7.30 Battink. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Bob the Builder. (R) (T) 9.00 Mister Maker. (R) (T) 9.25 Something Special. (R) (T) 9.40 Little Red Tractor; (R) (T) Pingu. (R) 10.00 In the Night Garden. (R) (T) 10.30 What the Victorians Did for Us. (R) (T) 10.35 FILM: Beautiful But Dangerous (1954). Comedy drama, starring Jean Simmons. (T) (bw) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (T) 2.15 Animal 24:7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 Legends: Ella Fitzgerald First Lady of Song. The jazz singer's life and work. (T) 8.00 University Challenge. St John's College, Cambridge take on Lincoln College, Oxford. (T) 8.30 The Hairy Bakers. Dave Myers and Simon King look at pies and pastries. (T) 9.00 Dragons' Den. Innovations pitched include eco-friendly recycled jewellery boxes, pre-scooped ice cream, temporary blinds for the 2012 Olympic village and a nappy changing seat. (T) 10.00 Would I Lie to You? With guests Phil Daniels and Lauren Laverne. Last in series. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 The Last Word Monologues. (R) (T) 11.50 The Last Word Monologues. (R) (T) 12.20 The Last Word Monologues. (R) (T) 12.50 Ellery Queen. (R) (T) 1.40 BBC News. (T) 4.00 BBC Learning Zone. (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Amor e Intrigas 1515 Verão Total 1800 Portugal em Directo 1910 O Preço Certo 2000

News 2100 Jogo Duplo 2200 Conta-me Como Foi 2300 João Semana 0000 Terminator: The Sarah Connor Chronicles, film 0430 Verão 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag 1400 OS Amigos de Brianep 1600 National Geographic 1700 Zig Zag 1830 A Fés dos Homens 1900 Próxima Paragem 1945 Zig Zag 2045 Qual Samantha? 2115 National Geographic 2150 Lottery 2200 News 2240 Malmequer, Bem-me Quer 2330 Backstage 0020 Noite da 02 0145 Angóla - Saudades de Quem Te AMA 0545 A Alma e a Gente 0300 Sempre em Pê - Remix Stand Ups 0300 Euronews

SIC

0600 Sic Notícias 0830 Uma Aventura 1000 Chiquititas 1100 Fátima 1300 News 1415 Cirada do Pedra 1445 Come Unda 1615 Contacto 1800 Beleza Pura 2000 News 2130 Os Malucos do Riso 2230 Charmer a Música 2330 A Favorita 0030 Criminal Minds 0130 CSI Miami 0230 CSI Miami 0230 Todos em Linha 0430 A Pedra do Reino

TVI

0700 Diário da Manha 1000 Vocé na TV 1000 News 1400 As Tardes da Juília 1700 Quem Quer Ganha 1800 Morangos com Açúcar 1900 News 2200

Fascínios 2300 Deixa-me 0030 Killer Spiders, film 0530 Telesales

BBC3

7.00 The Real Hustle 7.30 The Real Hustle 8.00 Freaky Eaters 9.00 Little Britain 9.30 The Wrong Door 10.00 EastEnders 10.30 Spooks: Code 9 11.20 Family Guy 11.45 Family Guy 12.05 Fame Junkies 1.05 The Wrong Door 1.35 The Real Hustle 2.35 Spooks: Code 9 3.25 Don't Tell the Bride 4.25 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Proms on Four 2008 9.30 Outnumbered 10.00 Life on Mars 11.00 Sleepers 11.50 Dawn French's Boys Who Do Comedy 12.20 Rich Hall's How the West Was Lost 1.50 Proms on Four 2008 3.50 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Airline 8.30 The Planet's Funniest Animals 9.00 Hell's Kitchen USA 10.00 Hell's Kitchen USA 11.00 Coronation Street 11.30 Film: Jurassic Park PG (1993) 2.20 Teleshopping 5.20 ITV2 Nightscreen

Sky One

1.00 Brainiac: Science Abuse 2.00 Stargate SG-1 3.00 Stargate SG-1 4.00 Our Vines Have Tender Grapes U (1945)

The Disney Channel

Kids' programmes from 7am, except:

MON

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1 SEP

Pick of the Day

The Children (ITV1 Granada, 9pm)

Lucy Gannon knows a thing or two about penning a gripping drama. She counts the likes of Soldier Soldier, Peep Practice, Trip Trap and Bramwell on her CV, and has also penned some of the best episodes of Coronation Street (one of which can be seen 90 minutes before this). So, before you discount this offering as just another ITV1 series, perhaps you should think again. Lucy describes her latest, three-part project as "a challenging and provocative drama about what can happen when children become displaced from family life by the divorce of their parents." Gannon regular Kevin Whately heads the cast as Cameron, a divorced father of a teenage boy who starts a new life with Sue, who's also living apart from her estranged spouse. She has an eight-year-old daughter called Emily, and it's clear from the start the youngster isn't exactly comfortable with the new family being formed by Cameron and Sue's relationship, or by the fact her father, Paul, has a new baby with his partner Natasha. Emily's behaviour begins to spiral out of control, so much so, one of the adults in her life can't stand it any longer — and hits the child so hard, she's later found dead. But who did the deed? All the grown-ups in her life could have done it, but which one? Geraldine Somerville, Lesley Sharp, Ian Puleston-Davies and Kate Ashfield also star.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (R) (T) 8.30 Big Brother. (R) (T) 9.30 Frasier. (R) (T) 10.00 ER. Moretti receives an upsetting phone call about his son. (R) (T) 10.55 Ugly Betty. (R) (T) 11.50 Proud Parents. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 FILM: The Spy in Black (1939). Romantic drama, starring Conrad Veidt. (T) (bw) 2.30 Desperate Housewives. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. Darren asks Frankie to pay off the loan sharks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Night Haunts. New series of documentaries exploring the lives of people who work through the night. The first episode features the London-based nuns of Tyburn. (T) 8.00 Dispatches: Undercover Mosque - The Return. A year and a half after the first acclaimed documentary, a female reporter goes undercover for another examination of religious intolerance in the UK. (T) 9.00 Kevin McCloud and the Big Town Plan. The results of the Castleford regeneration projects. Last in series. (T) 10.00 Big Brother. The housemates look ahead to Friday's final. (T) 11.10 FILM: Indecent Proposal (1993). Drama, with Robert Redford and Demi Moore. (T) 1.15 Big Brother Live. 4.25 FILM: The Lady Wants Mink (1953). Comedy, starring Dennis O'Keefe. (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.40 Big School. (R) (T) 6.50 The Milkshake! Show. (R) (T) 7.15 Mio Mao. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.35 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.35 Medical Investigation. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 14.5 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (T) 3.05 five news update. (T) 3.15 FILM: Murder in Greenwich (2002). Fact-based drama, starring Christopher Meloni. (T) 5.00 five news and sport. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news and sport. (T) 7.30 Extraordinary Animals. A Jack Russell which can do maths; (R) (T) 7.30 five news update. (T) 8.00 Fifth Gear. Tiff Needell gets to grips with motorcycle manufacturer KTM's first four-wheeler, while Tom Ford reviews the BMW X6 and Vicky Butler-Henderson looks at two eco-friendly cars; (T) 8.00 five news at 9. 9.00 Extreme Fishing with Robson Green. New series. The actor goes in search of elusive sea creatures. (T) 10.00 Bruce Forsyth's Comedy Heroes. The entertainer discusses his favourite comics. (R) (T) 11.05 FILM: Trespass (1992). Violent thriller, starring Bill Paxton. (T) 1.05 Disorderly Conduct. (R) (T) 2.05 NASCAR. 2.55 European Drag Racing. 3.20 ITU Triathlon. 4.10 Race and Rally UK. 4.35 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunctime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (T)

5.00 Britain's Best Dish. New series. Ed Baines, Jilly Goolden and John Burton Race return to judge this talent show for amateur chefs each trying to prove theirs is the tastiest original recipe in Britain. The first episode sees the trio visit the Midlands, where they sample a bread and butter pudding, pork pie and a date and rhubarb lasagne. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Daz searches for Andy when he learns he has not been seen all weekend but, when he eventually finds him, his brother is reluctant to return home. Marlon and Paddy decide to take revenge on Jamie for throwing them out of the Woolpack, and Nicola continues her efforts to get Rodney to write another book - and schemes to use Belle in her efforts. (T)

7.30 Coronation Street. Fearful that her secret is about to be discovered, a panic-stricken Teresa flees the hospital and prepares to leave the Street as Jerry fights for his life. Dev grows frustrated when Nina starts calling all the shots, and Marcus tells a dejected Sean that he is spending a few days away with Noel. (T)

8.00 To Sir With Love: Tonight. (T)

8.30 Coronation Street. Back at the hospital, Teresa resolves to come clean to Jerry, but he has a confession of his own to make. Dev decides to end his affair with Nina following an awkward evening with Prem, and Tom offers Sean a shoulder to cry on. Gail worries about dating Joe after Tina almost blows their cover. (T)

9.00 The Children. Lucy Gannon's new three-part drama deals with the stresses of divorce and the lives of step-families. When an eight-year-old girl is found murdered in her own garden, those closest to her are forced to deal with the aftermath and the suspicion that falls on all of them. Drama by Lucy Gannon, starring Kevin Whately, Lesley Sharp and Geraldine Somerville. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: Police Academy (1984). Farcical comedy, starring Steve Guttenberg. (T)

12.25 British Touring Car Championship. (T) 1.20 Nightwatch with Steve Scott: Mystery; ITV News Headlines. 2.15 Loose Women. (R) 3.00 Moving Day. (R) (T) 3.25 Moving Day. (R) (T) 3.50 ITV Nightscreen. (T)

SPORT

MOVIES

Sky Movies Drama

Sky Movies Comedy

Sky Sports 1

The Simpsons

Special HEALTH INSURANCE for Readers

10% off your first year's premium

PAT Care

See page 64

TUE

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 Eliot Kid; (R) (T) The Owl. (R) (T) 4.05 Hedz. (R) (T) 4.35 Roman Mysteries. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T) 7.30 EastEnders. Honey makes a disappointing discovery that leaves Billy fighting to save his marriage. Shirley worries about Phil as Suzy increases the pressure on him to recover the gold bar, and Max finds evidence that incriminates Jack. Stacey grows uneasy as Callum makes a play for Danielle; (T) BBC News; Regional News. (T)

8.00 Holby City. An offer of promotion for Ric comes at the wrong time. However, his emotional state does help him find a solution to Jayne's problem with accepting the money from Randall for the Tans' treatment. Maria is unsure how to react to a strange e-mail when she is teased about having a secret admirer. Joseph confronts Jac over her meddling in his and Faye's wedding plans, and Donna develops career ambitions. (T)

9.00 Mutual Friends. Patrick tries to help Martin cope with his marital problems by reintroducing him to the lifestyle of a single man, involving mountain bike-riding, rounds of golf, marathon gaming sessions, pizza and beer. However, Jen's decision to accept a job in Norwich forces her husband to take drastic action - with disastrous consequences. Marc Warren, Keeley Hawes and Alexander Armstrong star. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 FILM: The Peacemaker (1997). Action thriller, starring George Clooney; (T) Weatherview. (T)

12.35 Sign Zone: Jimmy Doherty's Farming Heroes. (R) (T) 1.35 Sign Zone: Trawlers. (R) (T) 2.05 Sign Zone: The Hairy Bakers. (R) (T) 2.35 Sign Zone: Chinese Food Made Easy. (R) (T) 3.05 Sign Zone: Cash in the Celebrity Attic. (R) (T) 3.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Dogstar; (R) (T) Newsround. (T) 7.30 Batfinger. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Bob the Builder; Project Build It. (R) (T) 8.40 Boogie Beebies. (R) (T) 9.00 Mister Maker. (R) (T) 9.20 Something Special. (R) (T) 9.40 Little Red Tractor. (R) (T) Pingu. (R) 10.00 In the Night Garden. (R) (T) 10.30 FILM: Back to Bataan (1945). World War Two adventure, starring John Wayne. (T) (bw) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (T) 2.15 Animal 24.7. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 Hadrian. Assessing one of the greatest Roman emperors. (R) (T) 8.00 Thames Shipwrecks: A Race Against Time. Part two of two. The stories behind seven shipwrecks in the river Thames. (T) 9.00 Maestro. The students conduct a programme of operatic arias. (T) 10.00 Room 101. Paul Merton is joined by fellow Have I Got News For You team captain Ian Hislop, who wants to banish the Beatles and Charlie Chaplin. Last in series. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 The Passions of Vaughan Williams: BBC Four on BBC Two. (T) 12.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Ugly Betty. (R) (T) 11.55 Bright Young Wonders. (R) (T) 12.00 News at Noon. (T) 12.30 Property Ladder. (R) (T) 1.30 FILM: One of Our Aircraft Is Missing (1942). World War Two drama, starring Godfrey Tearle. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Night Haunts. The work of a night cleaner at St Pancras station. (T) 8.00 Big Brother Eviction Show. The results of tonight's double eviction. (T) 9.00 The Secret Millionaire. Wealthy businessman Daniel Smith helps out homeless people in London. He meets those who have lost all hope and have resorted to drinking, drug abuse and begging on the streets. (T) 10.00 Big Brother Eviction Show. The two evicted housemates leave. (T) 11.05 The Incredible Will & Greg. (R) (T) 11.40 Reaper. (T) 12.40 Triathlon. (R) (T) 1.35 The British GT Championship. (T) 2.25 Big Brother Live. 4.25 KOTV. (T) 4.50 The British Formula 3 International Series. (R) (T) 5.15 FIVB Beach Volleyball. (T)

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.40 Big School. (R) (T) 6.50 The Milkshake! Show. (R) (T) 7.15 Mid-Mao. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.35 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.35 Medical Investigation. (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (T) 3.05 five news update. (T) 3.10 FILM: Dancing at the Harvest Moon (2002). Romantic drama, starring Jacqueline Bisset. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 Highland Emergency. An RAF team search for a Belgian man lost in the mountains; (T) 7.30 five news update. (T) 8.00 Secrets of the Jesus Tomb. New series. The discovery of a tomb in Jerusalem in 1980; (T) 8.00 five news at 9.00 CSI: Miami. A retired star quarterback is murdered. (T) 10.00 CSI: NY. Stella, Flack and Lindsay suspect a joke-shop owner known as Laughing Larry was somehow complicit in the death of an extravagant Internet entrepreneur killed by an exploding cigar. (R) (T) five news update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (R) 1.00 NFL Preview Show. 1.50 US Tour Goff. 2.40 Seniors Gold. 3.30 Indy Car Series. 4.20 Boxing USA. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bon Dia Portugal 1000

Verão Total 1300 News 1415

Amor e Intrigas 1800

Portugal em Directo 1910 C

Preço Certo 2000 News

2100 Jogo Duplo 2200

Conta-me Como Foi 2300

João Semana 0000

Terminator: The Sarah Connor Chronicles, series 0045 The Enforcer, film 0245 El Tesoro de Manitu, film 0430 Verão Total 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag

1400 Os Amigos de Brianpe

1600 National Geographic

1700 Zig Zag 1830 A Fé dos

Homens 1900 2010 1945 Zig

Zag 2045 Qual Samantha?

2110 National Geographic

2200 News 2240 Greys

Anatomy 2330 A Fortaleza

Perdidos dos Cruzados 0030

Noites da 2 0145 2010 0230

Bombordo 0300 Sempre em

Pé 0330 Euronews

SIC

0600 Sic Notícias 0900 Dia

Em Grande 1000 Fátimas

1300 News 1415 Terra

Nostra 1545 Contacto 1800

Beleza Oura 1900 Sete

Pecados 2000 News 2200

Ciranda de Pedra 2245

Desejo Proibido 2330 Duas

Caras 0030 CSI Las Vegas

0130 CSI Miami 0230

Quando o Telefone Toca

TVI

0700 Diário Da Manha 1000

Você na TV 1300 News 1400

As Tardes da Júlia 1700

Quem Quer Ganha 1800

Morangos com Açúcar 1900

News 2215 Doce Fugitiva

0030 Ring of Death, film

BBC3

7.00 The Real Hustle 7.30

The Real Hustle 8.00 Driving

Mum and Dad Mad 9.00

Don't Tell the Bride 10.00

EastEnders 10.30 How Not

To Live Your Life 11.00

Family Guy 11.25 Family

Guy 11.45 Don't Tell the

Bride 12.45 Driving Mum and

Dad Mad 1.45 The Real

Hustle 2.15 The Real Hustle

2.45 How Not to Live Your

Life 3.15 Fame Junkies 4.15

Close

UKTV Gold

7.00 World News Today 7.00

Weather 7.35 Pop Go the

Sixties 7.35 Batman 8.00

Wild China 9.00 Meetings

with Remarkable Trees 9.10

Between the Lines 10.00

Call the Cops 10.30 The

Quatermass Experiment

12.10 Edwardians in Colour:

The Wonderful World of

Albert Kahn 1.10 Call the

Cops 1.40 The Quatermass

Experiment 3.15 Call the

Cops 3.45 Close

ITV2

1.00 Emmerdale 1.30 The

Jeremy Kyle Show 2.35 The

Jeremy Kyle Show 3.45

Ricki Lake 4.30 Sally Jessy

Raphael 5.20 The Montel

Williams Show 6.05 Judge

Judy 6.35 Film: Jurassic

Park PG (1993) 9.00

CelebAir 10.00 Katy Brand's

Big Ass Show 10.35 Film:

Van Helsing 12 (2004) 1.10

Celebrity Entourage: The

Powder Room 2.00

Teleshopping 5.00 ITV2

Nightscreen

Sky One

1.00 Stargate Atlantis 2.00

Stargate SG-1 3.00

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2 SEP

Pick of the Day

Holby City (BBC1, 8pm)

Amazingly, Ric actually puts his family responsibilities before his medical ones in this instalment of the drama. It's the day of his son Leo's funeral, and the surgeon is adamant he will put everything else to one side and attend the sombre event. But sure enough, when a young kidney transplant patient comes in whose new organ is failing, Ric gets sucked into his work and loses track of time. He eventually turns up to the funeral, but is late and earns a tongue-lashing from Leo's Aunt Amber. The miffed surgeon heads back to Holby where he immediately bumps into Jayne, who whines about a funding dilemma she's grappling with. Meanwhile, Faye spends her spare time looking at wedding venues, all the while wishing she could scale down the size of her and Joseph's nuptials. Jac walks in on her rival and cottons on to the nurse's secret wish, and sneakily plays a prank. Later, Joseph is baffled when he gets a call from a company specialising in cheap hotel rooms and bouncy castles. When he talks to Faye, she's forced to admit she's not looking forward to a big, flashy event. Will her fiancé see her point of view? Patsy Kensit, Hugh Quarshie and Luke Roberts are among the cast.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Luncetime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R)

5.00 Britain's Best Dish. Ed Baines, Jill Burton Race judge dishes by amateur cooks from the Midlands regions, including toad in the hole, bangers and mash and toffee apple steamed pudding. (T)

6.00 London Tonight: Weather. (T)

6.30 ITV Evening News: Weather. (T)

7.00 Emmerdale. Matthew and Katie are held at gunpoint by a face from the past, and when Jimmy and Carl come across the situation they are forced to consider risking their own lives to save the pair. Terry blames Jamie for his missing vegetables and takes revenge by causing chaos at the dog obedience challenge in the village show - ruining Nicola's quilt in the process. Paddy and Marlon realise their mistake. (T)

8.00 Who Wants to Be a Millionaire? Armed Forces Special. Chris Tarrant quizzes service personnel, including a Royal Marines Commando and a Royal Navy Petty Officer, as they take a break from duty to vie for the #1million jackpot prize. (T)

9.00 Superhuman: Super Strong. Documentary exploring the lives of some of the strongest people on the planet, revealing the extreme lifestyles they follow to gain such powerful physiques. Narrated by Sam Hazeldine. (T)

10.00 News at Ten and Weather. (T)

10.25 London News and Weather. (T)

10.35 Kingdom. In a warty series finale, rehearsals for the annual summer play at Aunt Auriel's home suffer setbacks from a faulty sprinkler system, and a raging storm floods the streets of Market Shipborough causing chaos and wrecking homes. But Simon sees it as an opportunity to solve his problems, causing more stress to Peter. Elsewhere, Lyle takes up the case of a 12-year-old girl who is the sole carer of her sick mother and young sister. (R)

11.35 Shaun Williamson's Tough Gig. The actor and funnyman gets suited and booted to join the design divas at Paris Fashion Week, mingling with models and magazine editors to get behind the facade of the fashionistas. More familiar with performing in working men's clubs, Shaun hopes to shake off his "Ugly Barry" image and leave the haute couture audience in stitches with his stand-up comedy show. (R)

12.05 Nightwatch with Steve Scott. Mystery. (T) 12.55 Dragnet. (T) ITV News Broadcast. 1.45 Loose Women. (T) 2.30 The Jeremy Kyle Show. (T) 3.25 ITV Nightscreen. (T)

MOVIES

Sky Movies Drama

6.00 Between Love and Honor PG (1995) 7.45 The Mermaid Chair 12 (2006) 9.30 La Bamba 15 (1987) 11.30 Columbo: Murder, Smoke and Shadows PG (1989) With Peter Falk. 1.15 Drama Close Up 1.45 How to Make an American Quilt 12 (1995) With Winona Ryder 3.45 Marilyn Hotchkiss Ballroom Dancing and Charm School 12 (2005) With Robert Carlyle. 5.45 Eight Below PG (2005) With Paul Walker. 8.00 The Thin Blue Line 4.00 Doctor Who 5.00 One Foot Inside: Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 1.25 The Devil Wears Prada PG (2006) With Meryl Streep. 3.15 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 4.55 Big Nothing 15 (2006) With Simon Pegg. 6.25 Nacho Libre 12 (2006) 11.50 Teenage Mutant Ninja Turtles II



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THU

BBC1

6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T)
10.00 Homes Under the Hammer; (T) BBC News;
Weather. (T) 11.00 Open House. (T) 11.30 Car
Booty; (T) BBC News; Weather. (T) 12.15
Bargain Hunt. (T) 1.00 BBC News; Weather. (T)
1.30 Regional News. (T) 1.45 Doctors. (T) 2.15
Diagnosis Murder. (R) (T) 3.00 BBC News;
Weather; Regional News. (T) 3.05 CBeebies:
LazyTown. (R) (T) 3.30 CBBC: What's New
Scooby-Doo? (R) (T) 3.50 Eliot Kid; (R) (T) The
Owl. (R) (T) 4.05 Best of Friends. (R) (T) 4.35
Hider in the House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson asks more
general knowledge questions against the
clock as contestants try to avoid being
voted off the team. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather.
(T)

7.00 The ONE Show. (T)

7.30 EastEnders. Bradley prepares to cel-
ebrate his 21st birthday, while Stacey
hopes she'll be able to keep Callum at
arm's length. Bianca asks Christian for
advice, and Max finds what he's looking
for; (T) BBC News; Regional News. (T)

8.00 Rogue Restaurants. Matt Allwright and
Anita Rani ask whether the price of a meal
reflects the standards of the kitchen
where it is prepared, infiltrating an A-list
Italian restaurant. Last in series. (T)

8.30 Accidental Heroes. Real-life stories of
bravery and courage, including a group of
surfers who came to the aid of a woman
swept away from a Welsh beach as she
tried to help her children. Plus, a postman
who was called upon when a toddler
developed breathing difficulties and a
racing driver who became trapped in his
burning car. (T)

9.00 SuperDoctors. Professor Robert Winston
meets orthopaedic surgeon Steve
Mannion, who has used a little-known
technique to treat club-feet, despite
working in some of the world's most
deprived countries. After years with the
Red Cross and Medicin sans Frontiers, he
stumbled on an inexpensive non-surgical
solution to the painful and debilitating
condition. Last in series. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)

10.35 Comedy Connections. (T)

11.15 FILM: All of Me (1984). Comedy, starring
Steve Martin and Lily Tomlin; (T) Holiday
Weather. (T)

12.50 Sign Zone: Panorama. (R) (T) 1.20 Sign
Zone: Would Like to Meet Again. (R) (T) 1.50
Sign Zone: Countryfile. (R) (T) 2.45 Sign Zone:
Cash in the Celebrity Attic. (R) (T) 3.30 BBC
News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30
Teletubbies; (R) (T) Tweenies Songtime.
(R) (T) 7.00 CBBC: 7.00 Dogstar; (R) (T)
Newsround. (T) 7.30 Battink. (R) (T) 7.35
Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30
CBeebies: Bob the Builder: Project Build
It. (R) (T) 8.40 Boogie Beebies. (R) (T) 9.00
Mister Maker. (R) (T) 9.20 Something
Special. (R) (T) 9.40 Little Red Tractor; (R)
(T) Pingu. (R) 10.00 In the Night Garden.
(R) (T) 10.30 What the Victorians Did for
Us. (R) (T) 10.35 FILM: The Lost Moment
(1947). Atmospheric drama, starring Susan
Hayward. (T) (bw) 12.00 What Are You
Like? (T) 12.30 Working Lunch. (T) 1.00
Out of the Blue. (T) 1.25 Coast. (T) 1.30
Britain's Dream Homes. (T) 2.15 Animal
24:7. (R) (T) 3.00 Murder. She Wrote. (R)
(T) 3.45 Flog It! Ten of the Best. (T) 4.30
Eating with the Enemy. (T) 5.15 Wanted
Down Under. (R) (T) 6.00 Eggheads. (R)
(T) 6.30 MasterChef - The Professionals. (T)
7.00 Who Do You Think You Are? Esther
Rantzen uncovers the scandalous life of
her great-grandfather. (R) (T) 8.00 Would
Like to Meet Again. Revisiting original
singletons George Janpolous and Annette
Kubica. (T) 8.30 Dr Alice Roberts: Don't
Be Afraid. How organs of the body work
in unison. Last in series. (T) 9.00 Mock the
Week. With Lauren Laverne and Michael
McIntyre. (T) 9.30 The Cup. Ditch French-
man Raymond Mercier is appointed as
coach. (T) 10.00 Never Mind the Buzzcocks.
With guests Mylene Klass and Vic Reeves.
(R) (T) 10.30 Newsnight; (T) Weather. (T)
(T) 11.20 The Supersizers Go. (R) (T) 12.20 How I Met Your Mother.
(R) (T) 12.45 How I Met Your Mother. (R)
(T) 1.05 BBC News. (T) 3.30 Close. 4.00
BBC Learning Zone. (T)

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4 SEP

ITV1

Pick of the Day

When Women Rule the World (C4, 10.35pm)

There is perhaps a certain irony in the fact that an alpha male like Steve Jones is hosting this new series, especially when you read the format. As the title suggests, this reality show focuses on a world where the female of the species is in charge, and when she says "jump", her male inferiors have to shout "how high"? It begins with eight feisty ladies lording it over 10 hunky blokes on a Caribbean island hideaway. Each week, the bloke found wanting will be given the heave-ho, but the winner stands a chance of grabbing a cool £30,000. This opener sees the two 'teams' arrive at the sun-kissed destination, where the men are told for the first time the state of play. As the news they will have to obey the women's every whim sinks in, the ladies busy themselves with the business of choosing a 'queen' from among their number. About five minutes pass before the tension reaches fever pitch, as the two groups meet and the men are set to work by their new mistresses. And the pressure increases when the men find out the women have the power to 'sacrifice' the man they think is the least useful and send him packing. Fireworks, anyone?

C4

6.05 Making It. (R) 6.10 The Hoobs.
(R) (T) 6.35 The Hoobs. (R) (T) 7.00
Everybody Loves Raymond. (R) (T)
7.25 Big Brother's Little Brother. (T)
8.25 Big Brother. (R) (T) 9.25 Frasier.
(R) (T) 9.55 ER. A man is suspected
of having contracted AIDS. (R) (T)
10.55 Ugly Betty. (R) (T) 11.55 Bright
Young Wonders. (R) (T) 12.00 News at
Noon. (T) 12.30 Property Ladder. (R)
(T) 1.30 FILM: Black Narcissus (1947).
Oscar-winning drama, starring Deborah
Kerr. (T) 3.25 Countdown. (T)
4.15 Deal or No Deal. (T) 5.00 Wogan's
Perfect Recall. (T) 5.30 Come Dine
with Me. (T) 6.00 The Simpsons. (R)
(T) 6.30 Hollyoaks. (T) 7.00 Channel
4 News. (T) 7.55 3 Minute Wonder:
Night Haunts. An employee of Charing
Cross Hospital Sleep Centre. Last in
series. (T) 8.00 Chateau Monty. New
series. An Englishman's quest to run
a vineyard in France. (T) 8.30 The
Great Italian Escape. New series. The
lives of an expat couple living in Italy.
(T) 9.00 Big Brother. The past 24
hours in the house. (T) 10.00 8 Out of
10 Cats. New series of the irreverent
panel show hosted by Jimmy Carr, in
which two teams answer questions
based on opinion polls to see who best
understands what is going on in Britain
today. (T) 10.35 When Women
Rule the World. (T) 11.40 4Music:
Kaiser Chiefs: Video Exclusive. (T)
11.50 The Kevin Bishop Show. (R)
(T) 12.20 RocknRolla: Movie Special. (T)
12.55 Music: The Album Chart Show:
The Zutons Special. (R) (T) 12.20 Big
Brother Live. 4.25 St Elsewhere. (R)
(T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T)
6.10 Franny's Feet. (R) (T) 6.25 Fireman
Sam. (R) (T) 6.35 Harry and His Bucket
Full of Dinosaurs. (R) (T) 6.45 Big School.
Music Box. (R) (T) 7.05 Mio Mao. (T) 7.00 Milkshake!
(R) (T) 7.15 Roary the Racing Car. (R)
(T) 7.30 The Mr Men Show. (R) (T) 7.45 Make
Way for Noddy. (R) (T) 8.00 Fifi and the
Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T)
8.20 Thomas & Friends. (T) 8.35 Bert and
Ernie's Great Adventures. (T) 8.45
Roobarb and Custard Too. (R) (T) 8.50
Pocoyo. (R) (T) 9.00 The Wright Stuff. (T)
10.30 Trisha Goddard. (R) (T) 11.35 Medi-
cal Investigation. (R) (T) 12.30 five news.
(T) 12.45 House. (R) (T) 1.45 Neighbours.
(T) 2.15 Home and Away. (T) 2.50 Zoo
Days. (T) 3.05 five news update. (T) 3.15
FILM: Mystery Woman: Sing Me a Murder
(2005). Crime drama, starring Keeley Martin.
(T) 5.00 five news; Weather. (T) 5.30
Neighbours. (R) (T) 6.00 Home and Away.
(R) (T) 6.30 Animal Rescue Squad. (T)
7.00 five news. (T) 7.30 How Do They Do
It? The team learn how the Channel Tunnel
is maintained; (T) 7.30 five news update.
(T) 8.00 I Own Britain's Best Home and
Garden. New series. Presented by
Laurence Llewelyn-Bowen; (T) 8.00 five
news at 9. 9.00 FILM: Out of Reach
(2004). A former intelligence agent be-
friends an orphan girl and soon discovers
her foster home is cover for a human
trafficking network. Action thriller, star-
ring Steven Seagal. (T) 10.45 Lockdown.
(R) (T) 11.50 Crime Scene Academy. (R)
(T) 12.20 Quiz. Call. 4.00 Major League
Soccer. (R) 4.45 Nick's Quest. (R) (T)
5.10 Neighbours. (R) (T) 5.35 Home and
Away. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000
Verão Total 1300 Jornal da
Tarde 1515 Amor e Intrigas
1515 Verão Total 1730 Sóriele
Portugal em Directo 1910 O
Preço Certo 2000 News 2100
Grande Entrevista 2145 Jogo
Duplo 2245 Conta-me Como Foi
2345 João Semana 0045
Terminator: The Sarah Connor
Chronicles 0130 Unforgiven, film

RTP2

0700 Euronews 0715 Zig Zag
1400 Brians Friends 1600
National Geographic 1700 Zig
Zag 1900 Iniciativa 1945 Zig
Zag 1900 Iniciativa 1945 Zig Zag
2045 O Cavaleiros da
Prosperidade 2115 National
Geographic 2200 News 2240
Bônes 2330 Nos Passos de
Magalhaes 0030 Noite da 0130
noticia 0200 Arte e Emoção
0230 Vida Por Vida 0300 Sempre
em Pê 0330 Euronews

SIC

0600 Six Notícias 0900 Dia Em
Grande 1000 Fátima 1300 News
1415 Terra Nostra 1545 Contacto
1800 Beleza Pura 1900 Sete
Pecados 2000 News 2130 Clube
Portugal 2235 Ciranda do Pedra
2300 Desejo Robido 2345 Duas
Caras 0045 CSi Las Vegas 0145
Cartaz Cultural 0230 Quando o
Telefone Toca 0415 Final
Descent, film

TVI

0700 Diário Da Manha 1000
Vocé na TV 1300 News 1400
Tarde de Julia 1700 Quem Que
Ganha 1800 Morangos Com
Açucar 2115 Ilha dos Amores
2215 Doce Fugitiva 2330 Tu e
Eu 0100 Escritorio 0200 Cartaz
das Artes 0230 Alfie, film 0445
Teleas

BBC3

7.00 The Real Hustle 7.30
The Real Hustle 8.00 Don't
Tell the Bride 9.00 Money for
Nothing 10.00 EastEnders
10.30 The Wrong Door 11.00
Family Guy 11.25 Family Guy
11.45 Money for Nothing
12.45 Don't Tell the Bride
1.45 The Wrong Door 2.15
The Real Hustle 2.45 The Real
Hustle 3.15 Driving Mum and
Dad Mad 4.15 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Fossil
Detectives 8.00 Lost
Horizons: The Big Bang 9.00
The Big Bang Machine 10.00
Blood and Guts: A History of
Surgery 11.00 Maestro 12.00
BBC Four Sessions 1.00
Fossil Detectives 1.30
Journeys from the Centre of
the Earth 2.30 Fossil
Detectives 3.00 Blood and
Guts: A History of Surgery
4.00 Close

BBC5

1.00 Airline USA 1.30 The

Real Hustle 2.35 The

Jeremy Kyle Show 3.45 Ricki

Lake 4.30 Sally Jessy

Raphael 5.20 The Montel

Williams Show 6.05 Judge

Judy 7.00 Trinny and

Susannah Undress the Nation

8.00 CelebAir 9.00

Ghosthunting with Paul

O'Grady and Friends 11.00

Film: The Bourne Supremacy

12.00 2004 1.10 Teleshopping

4.10 ITV2 Nightscreen

5.10 One

Science Abuse

2.00 Stargate SG-1 3.00

Stargate SG-1 4.00 Stargate

Atlantis 5.00 Don't Forget the

Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

6.15 A Decent Proposal PG
(2006) 8.00 Above and Beyond
(2001) 9.45 Mrs Harris 15
(2005) 11.30 Columbo: Grand
Deceptions PG (1989) With Peter
Falk. 1.15 Kes U (1969) With
David Bradley. 3.15 Up Close and
Personal and Personal 15 (1996) With
Michelle Pfeiffer. 5.30 Perfume:
The Story of a Murderer 15 (2006)
With Ben Whishaw. 8.00 World
Trade Center 12 (2006) With
Nicolas Cage. 10.15 Cocktail 15 (1988)
With Tom Cruise. 12.00 Hardcore 18
(1979) With George C Scott.
2.00 The Thin Red Line 2006) With
Cillian Murphy. 4.15 Nurses on the
Line: The Crash of Flight 7 PG
(1993)

Sky Movies Comedy

6.20 On the Nose 15 (2000)
8.10 Saving Grace 15 (1999)
9.50 Ever After: A Cinderella
Story PG (1998) 12.00 Talladega
Nights: The Ballad of Ricky Bobby 15
(2006) With Will Ferrell. 2.10 Clerks
II 15 (2006) With Brian O'Halloran.
3.55 Forces of Nature 12 (1999)
With Sandra Bullock. 5.50 Ever
After: A Cinderella Story PG (1998)
With Drew Barrymore. 8.00
Talladega Nights: The Ballad of Ricky
Bobby 15 (2006) With Will Ferrell.
10.00 Eddie Murphy.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 Big Fight Countdown 9.30
Total Rugby 10.00 European
Tour Weekly 10.30 Live
European Tour Golf. The
European Masters. 12.30 Big
Fight Countdown 1.00 NFL:
Total Access 2.00 Boots 'n' All
3.00 Total Rugby 3.00 Live
European Tour Golf. The
European Masters. 5.30 FIFA
Futbol Mundial 6.00 The Big
Fight Countdown 7.30 Live
International Football. Scotland Under-21s
v Slovenia Under-21s (Kick-off
7.45pm). 10.00 Big Fight
Countdown 10.30 Premier
League World 11.00 NFL: Total
Access 12.00 Live NFL. New
York Giants v Washington
Redskins (Kick-off 12.00am).
3.30 Premier League World 4.00
International Football 5.30
Premier League World

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Pipeline Adventures 7.00 WWE:
Experience 8.00 Watersports
World 9.00 FIFA Futbol Mundial
9.30 Boots 'n' All 10.30 Live
Women's International Cricket.
England v India. 6.00 Everyday
is Raceday: Touring Car Diaries
6.30 Show Jumping 7.00 Premier
League World 7.30 Golf Night
9.30 Motor Racing 10.00 Live
Poker. Coverage of the online
Sky Poker Five-0 tournament.
12.00 Big Fight Countdown
12.30 International Football
2.00 AIAF Athletix Weekly 2.30
Big Fight Countdown 3.00 Poker
5.00 The Rugby Club

Sky Sports 3

7.30 Irish Greyhound Racing 8.00
International Cricket 10.00
Transworld Sport 11.00 Aerobics
Oz Style 11.30 Racing News 12.00
Watersports World 1.00 European
Tour 3.00 Watersports World
4.00 NFL: Total Access 5.00 WWE
Vintage Collection 6.00 Race
World 7.00 IAAF Athletix Weekly
7.30 Live Rugby League. A
National League match. 9.30
WWE: Late Night - Raw 11.30
Extreme Championship Wrestling
12.30 Golf Night 2.30 Rugby
League 4.30 Race World

British Eurosport

7.30 Cycling: Vuelta a Espana
8.30 Cycling 9.00 Athletics
10.30 Olympic Magazine 11.00
Cycling: Vuelta a Espana 12.00
US Open Tennis 3.00 Live
Cycling: Vuelta a Espana. The
sixth stage of the Tour of Spain.
4.30 Cycling 5.00 Eurogaols
5.15 MotoGP 6.15 World
Superbikes 7.15 Cycling: Vuelta
a Espana 8.00 Cycling 8.30
World Rally Championship 9.30
World Touring Car
Championship 10.30 Motor
Racing 11.20 Cycling: Vuelta
a Espana 12.20 Close

Sky Sports Xtra

1.00 US Open Tennis 4.00 Live
US Open Tennis. Day 11 at
Flushing Meadows. 10.00 ATP
Tennis 10.30 IAAF Athletix
Weekly 11.00 Pipeline
Adventures 11.30 ATP Tennis
12.00 Live US Open Tennis.
Further coverage of day 11 at
Flushing Meadows. 4.00 Motor
Racing 4.30 Close



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FRI

BBC1



6.00 Breakfast. (T) 9.15 Helicopter Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: What's New Scooby-Doo? (R) (T) 3.50 Uncle Max; (T) The Owl. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Sorry, I've Got No Head. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 A Question of Sport. Sue Barker hosts the quick-fire quiz, with Matt Dawson and Phil Tufnell heading the teams, as they celebrate the success of the Great Britain team at the Olympic Games in Beijing; (T) BBC News; Regional News. (T)

8.00 EastEnders. Stacey is confused following her encounter with Callum, a distraught Billy finds an unexpected shoulder to cry on and Garry turns down a tempting offer from Dawn. (T)

8.30 DIY SOS. (T)

9.00 Harry & Paul. New series. Comedy sketch show, with Harry Enfield and Paul Whitehouse joined by Simon Day, Catherine Shepherd, Laura Solon and Sophie Winkleman. (T)

9.30 The Armstrong & Miller Show. Vegetarian cafe owners Pru and Miranda get into an argument over tongs and quiches, while a pilot finds himself marooned on a desert island with a group of marketing executives. (R) (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. New series. The host is joined by actress, model and glamour girl Kelly Brook as well as the surreal comedy duo the Mighty Boosh, who also give a musical performance. Jonathan welcomes back Olympic athletes in his own style, and the Streets perform Heaven for the Weather live in the studio. (T)

11.35 The National Lottery EuroMillions Draw. Tim Vincent presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: Just Friends (2005). Premiere. Comedy, with Ryan Reynolds; (T) Weatherview. (T)

11.55 Sign Zone: SuperDoctors. (R) (T) 2.15 Sign Zone: Street Doctor. (R) (T) 2.45 BBC News. (T)

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Sontime. (R) (T) 7.00 CBBC: 7.00 Dogstar; (R) (T) Newsround. (T) 7.30 Batmink. (R) (T) 7.35 Trapped. (R) (T) 8.05 Mortified. (R) (T) 8.30 Cbeebies: Bob the Builder: Project Build It. (R) (T) 8.40 Boogie Beebies; (R) (T) 9.00 Mister Maker. (R) (T) 9.20 Something Special. (R) (T) 9.40 Little Red Tractor; (R) (T) Pingu. (R) 10.00 In the Night Garden. (R) (T) 10.30 What the Victorians Did for Us. (T) 10.35 FILM: The Locket (1946). Melodrama, starring Robert Mitchum. (T) (bw) 12.00 What Are You Like? (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Britain's Dream Homes. (T) 2.15 Animal 24:7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 Eating with the Enemy. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 MasterChef - The Professionals. (T) 7.00 The Real Monarch of the Glen. The wild boars cause a problem for the reserve. (T) 7.30 Wainwright Walks. Exploring Cumbria. (T) 8.00 Mastermind. New series of the specialist and general knowledge quiz. (T) 8.30 Gardeners' World. Creating a 20-metre border from scratch. (T) 9.00 The Tudors. Anne fears for her future. (T) 9.50 Coast. Neil Oliver travels from South Uist to the island of Harris. (T) 10.00 QI. With Jo Brand and Jimmy Carr. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Jackie Magazine: A Girl's Best Friend. (R) (T) 12.35 Star Trek: The Next Generation. (R) (T) 1.20 Star Trek: The Next Generation. (R) (T) 2.05 FILM: The Ghost (2001). Action thriller, starring Michael Madsen. (T) 3.25 How I Met Your Mother. (R) (T) 3.50 How I Met Your Mother. (R) (T) 4.10 Close. 5.00 BBC News. (T)

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5 SEP

Pick of the Day

Big Brother Finale (C4, 8pm)

Davina McCall presides over the final hours in the compound. Here you'll see the remaining housemates discover who has fallen at the last fence, then at 10pm, the tension will rise as the winner of this year's £100,000 prize is named. So far, the series has provided all manner of entertainment. Steph was first out on day nine, and five days later Alexandra was ejected for bad behaviour. Nine days after that, Dennis was booted out over the now notorious spitting incident. Following that, there was a run of evictions, with Sylvia, Jennifer, Mario, Belinda and Rebecca all being kicked out. On Day 56, Maysoon decided she'd had enough and walked, before Luke, Dale and Stuart were evicted. For some this has been the most boring contest to date, but there were a few giggles amid the monotony. Luke and Bex's often-hilarious romance enlivened proceedings; Lisa added much sex appeal, and Rex (the surly chef) incurred the wrath of many. Now we are at the grand finale it's down to the last few to sit it out and see if they've won the hearts of the nation. Feel free to boss, hiss and cheer as the losers and the eventual victor return to Civvy Street.

C4



6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Ugly Betty. (R) (T) 11.55 Bright Young Wonders. (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 Will & Grace. (R) (T) 1.15 FILM: The Battle of the River Plate (1956). World War Two adventure, starring Anthony Quayle. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollywoods. (T) 7.00 Channel 4 News. (T) 7.35 Marriage Techniques for Beginners. A film-maker's quest to discover the secret of a long and happy marriage. (T) 8.00 Big Brother Finale. Davina McCall presides over the grand finale of Big Brother 2008. The remaining housemates anxiously wait to see who will walk out of the house with the ultimate prize of #100,000. (T) 9.00 Ugly Betty. The secretary frets over the message. Mode is sending out to kids. (T) 10.00 Big Brother Finale. The winner is announced. (T) 11.05 8 Out of 10 Cats: Big Brother Special. (T) 11.50 Transmission. (T) 12.55 4Music: Beat Stevie. (T) 1.10 4Music: JD Set Presents Lightspeed Champion. (R) (T) 1.25 Coming Up: The Spastic King. (R) (T) 1.50 Dangerous Jobs for Girls. (R) (T) 2.50 Goalissimo. (T) 3.45 FIA GT Championship. (T) 4.10 Transworld Sport. (R) (T) 5.05 Grudge Match. (R) (T) 5.15 Countdown. (R) (T)

FIVE



6.00 Milkshake! The Save-Ums! (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 Mr Mao. (T) 7.00 Milkshake! Music Box. (R) (T) 7.05 Hana's Helpline. (R) (T) 7.15 Roary the Racing Car. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (T) 8.35 Bert and Ernie's Great Adventures. (T) 8.45 Roobarb and Custard Too. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.35 Medical Investigation. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (T) 3.05 five news update. (T) 3.10 FILM: Love Is Strange (1998). Touching drama, starring Kate Nelligan. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (T) 7.00 five news. (T) 7.30 The What in the World Quiz. New series. Science-based panel show, hosted by Marcus Brigstocke; (T) 7.30 five news update. (T) 8.00 Jesse James: The True Story. Profile of the American outlaw; (R) (T) 8.00 five news at 9.00 NCIS. The dead body of a petty officer is found lying in bed next to a barman - but he insists she is not the woman he brought home the previous night. (R) (T) 10.00 Law & Order: Special Victims Unit. A teenager claims she has been raped. (T) 11.00 Law & Order. (R) (T) 12.00 Quiz Call. 4.30 Game Ranger Diaries. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000

Verão Total 1300 News 1415

Amor e Intrigas 1515 Verão

Total 1800 O Preço Certo

1900 News 2130 Jogo Duplo

2230 João Semana 0030

Terminator: The Sarah

Connor Chronicles 0115 Lida

Os Ultimos 0200 Gato

Fedorrente 0330 A Good

Lawyer's Wife, film

RTP2

0700 Euronews 0715 Zig Zag

1400 Brians Friends 1600

National Geographic 1700 Zig

Zag 1830 A Fé dos Homens

1900 A Alma e a Gente 1930

Zig Zag 2045 Os Cavaleiros

da Prosperidade 2115

National Geographic 2200

News 2240 O Amor no Alasca

2330 A Princesa Espia 0030

Noites da 2 0215 Ente Pratos

0300 Sempre em Pém - Remiz

Stand Ups 0330 Euronews

SIC

0600 Sic Notícias 0900 Dia

Em Grande 1000 Fátima 1300

News 1415 Terra Natura 1545

Contacto 1500 Beleza 7000

Sete Pecados 2000

News 2200 Ciranda de Pedra

2245 Desejo Proibido 2330

Duas Caras 0030 CSI Las

Vegas 0130 CSI Miami 0230

Quando o Telefone Toca

0400 Squanto, A Warriors

Tale, film

TVI

0700 Diario Da Manha 1000

Você na TV 1300 News 1400

Mundialito de Futebol de Praia

1700 Queen Ganga 1745

Morangos com Açúcar 1900

News 2115 Euromilhões 2130

Illa das Amores 2215 Doce

Fugitiva 2330 Tu e Eu 0030

Rambo III, film

BBC3

7.00 The Real Hustle 7.30 The Real Hustle 8.00 Spendaholics 9.00 Dawn

Goes Lesbian 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 The Wrong Door 12.45 How Not to Live Your Life 1.15 Dawn Goes Lesbian 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Two Pints of Lager and a Packet of Crisps 3.15 The Wrong Door 3.45 The Real Hustle 4.15 The Real Hustle 4.45 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 A Seaside Parish 8.00 Castrato

9.00 They Came From Manchester: The Story of Mancunian Pop 10.00 Rock Family Trees 10.50 Factory

Manchester from Joy Division to Happy Mondays 12.20 The Avengers 1.10 Call the Cops 1.40 They Came From Manchester: The Story of Mancunian Pop 2.40 Castrato 3.40 Call the Cops 4.10 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Monty Williams Show 6.05 Judge Judy

7.00 The X Factor 8.00 The Xtra Factor 9.00 Film: The Bourne Supremacy 12.04 The Bourne Supremacy 11.10 Kathy Brand's Big Ass Show 11.40 Coronation Street 12.40 Jack Osbourne

- Adrenaline Junkie 1.40 Entourage 2.10 Entourage 2.40 Teleshopping 5.10 American Princess 5.40 ITV2 Nightscreen

Sky One

1.00 Brainiac: Science Abuse 2.00 Stargate SG-1 3.00 Stargate SG-1 4.00 Stargate Atlantis 5.00 Malcolm

in the Middle 5.30 Malcolm in the Middle 6.00 Hairspray - The School Musical 7.00 The Simpsons 7.30 The Simpsons 8.00 Ross Kemp on Gangs 10.00 Film: Vipers 15 (2008) 11.35 Toughest Pubs in Britain 12.35 Road Wars 1.35 Road Wars 2.25 Australia Uncovered 3.20 Futurama: Welcome to the World of Tomorrow 3.30 Scarce Tactics 3.55 America's Dumbest Criminals 4.20 Brainiac: Science Abuse 5.10 Guilty!

UKTV Gold

1.20 Last of the Summer Wine 2.00 Porridge 2.40 Keeping Up Appearances 3.20 The Thin Blue Line 4.00 Doctor Who 5.00 One Foot in the Grave 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 The Thin Blue Line 9.00 Open All Hours 9.40 Porridge 10.20 The Good Life 11.00 Gimme Gimme Gimme 11.40 The Worst Week of My Life 12.20 Shark 1.15 Shark 2.05 Casualty 2.55 Baywatch 3.40 Baywatch 4.25 The Bill 5.15 Neighbours 5.35 Neighbours

TCM

1.00 A Day at the Races U (1937)

3.00 Casablanca U (1942) 4.55 Where the Spies Are PG (1965)

6.55 The Tender Trap PG (1965)

9.00 Ordinary People 15 (1980)

11.20 Our Mother's House PG (1967)

1.15 The Man Who Laughs 15 (1936) 3.00 Somebody Up There Likes Me PG (1956) 5.00 Bridge to the Sun U (1961)

The Disney Channel

Kids' programmes from 7am, except 6.00 Film: Max Keeble's Big Move PG (2001) Children's comedy, starring Alex D Linz. 9.30 Film: Max Keeble's Big Move PG (2001) Children's comedy, starring Alex D Linz.

ITV3

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Monty Williams Show 6.05 Judge Judy

7.00 The X Factor 8.00 The Xtra Factor 9.00 Film: The Bourne Supremacy 12.04 The Bourne Supremacy 11.10 Kathy Brand's Big Ass Show 11.40 Coronation Street 12.40 Jack Osbourne

- Adrenaline Junkie 1.40 Entourage 2.10 Entourage 2.40 Teleshopping 5.10 American Princess 5.40 ITV2 Nightscreen

Sky One

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Looking after show dogs and shows — a learning curve

Before I even start this I will qualify it—I am a complete amateur, I am not a show handler, or groomer. I knew nothing, everything I now know has been generously given to me by other people who know far more than I can ever know. Many of these kind people have been Portuguese, I thank them for all their wonderful help.

It is now 2 years since Cleo had her first Lion Cut. At that time along with many others I did not understand the reasons and was not at all keen. I have learnt so much over that time and now love the look, it is historical, it is distinctive and makes them so special. It does, however, make them look a little less like the Working Dog group they are regularly shown in.

Without doubt, looking after Cleo and Merlin is a full time job, they are my job, to add to my others that is. To keep them in show condition is time and money consuming. Whilst being show dogs they do not get to be real dogs, except when we have a break in the show timetable. The show timetable seems to be relentless with little time off—I seem to be at shows most weekends.

There has been so much to learn. The biggest being the way the show world works, show etiquette, standing the dogs correctly, perhaps the most time consuming is actually looking after the two dogs. The coats take hours of work, daily maintenance and the marathon preparation for a show. 4 hours for Cleo and 3 hours for Merlin till he gets his full coat in a few months, then he will be up to 4 hours as well. You can add a couple of hours if they have

been 'neglected' and are full of matted fur. The car travel straps knot all the coats, the yellow fleece coats, whilst very necessary, played havoc with the coats enroute to and from Crufts. Luckily the rain trouser suits do not cause to many problems. How people in the UK manage to keep these PWD coats tidy in all that rain I really do not know, my two only have to be in a quick shower and the coats are in knots.

So, over the two years what have I learned about coats! Products are everything. I have spent all my doggy owning life bathing my dogs in human shampoo, using human conditioner—always Timotei, Lennie's coat was always done using that, the Almond one made him smell fantastic. 18 months ago I discovered the Doreen Paige Natural products and started using them. I think the difference in the coats has 'crept up on me', certainly the 'critiques' that the Judges write have improved vastly since using the new products. I have so much to learn, it will take me years and you need so much equipment which I have not got. The most desperate item being a proper hairdryer and blaster — that would cut my grooming time down by a half. I use my own hairdryer.

The no no's of show dogs, no running across the fields, beach, through the sea, playing 'rolly poly' gets frowned at by Mum. No fun in other words.

Cleo and Merlin have to be brushed through every day at least once. You cannot use conditioner if grooming for the ring — this means that you have to bathe between shows using con-

ditioner. Panic sets in every time they do something that will ruin their coats and at times it seems that maybe for them and me a break in showing would be an idea. I intend to cut back after the summer to give both the dogs and myself a break, a few weekends at home with less stress.

Vets visits throw me into a frenzy, the mention of blood tests, my reply being 'no you can't shave a leg!!' Surgery, no, only keyhole!! There is a follow up to this after the last few weeks. Merlin has had to have surgery which was done with a small scar. However, coping with the coat has been a nightmare. He had a huge lump that burst covering his coat with various substances, blood and white blood cells. Because his coat is so long the result was a very sticky, smelly and subsequently stiff coat. It was not safe to bath it as he had a drain in — we could 'smell' him coming. Luckily after 2 months the remaining small lump has receded removing the chance of more major surgery, with his coat having to come off.

Food, it is obviously imperative they look good, which means that ideally they should eat and eat sensible natural food with no additives. Fine 99% of the time but all dogs have 'off food' times — very serious with a show dog, they can lose weight fast and then you find the dog in the ring looking decidedly 'scrawny' next to a 'perfect example' beside them. Yes that's Merlin, he will eat fantastically for months then you can guarantee pre any important show — like 3 weeks pre — he will stop eating. He will offer no obvious reason, food he was eating, he won't, his special treats are no longer special. He really does try my patience at times. He will sit in the kitchen with the other dogs waiting for me to prepare the food, looking excited about it all. Put his bowl down and I have to stifle a laugh as he looks at the bowl, from the other side of the kitchen, then backs off so he can't see the bowl and I can't see him. That's it. I have been seen fork-feeding food into his mouth!!!!!!!!!!!!!! You can bet once the show is over he will suddenly love all the food again!!! Never work with children

First I must thank all the friends who came from the Algarve to see the show which was wonderful.

The weather was quite funny, cool and so windy everything had to be tied down all day Saturday so no point in doing mad hair grooming of either PWDs as the moment they stood back on the ground the hair was on end.

There were some lovely PWDs showing, my two twice displayed the old saying 'dogs are dogs not machines' and embarrassed me by not doing what I had spent time training them to do. What they will quite happily do here became a distant memory. However, I am aware I am not a professional so I can only do the best I can, as they can. Merlin was fine on his first run out, got his Ex — Cleo proved you can train them for weeks but they will do exactly what they want on the day. Cleo decided she would 'sniff' her way around the ring.

This is not what she has been trained to do and it was both annoying and embarrassing but she still managed to get her Ex and her CCC. Needless to say I was amazed as she had behaved very badly. She is just such a frustrating dog as I hour later she is off for her walk head in the air, tail up, not a care in the world looking fabulous. The next one on Sunday morning went better, both got a first and an ex, Cleo got her CACIB. Both days the Judges were actually complimentary about them.

All competitors for the Water Trials then went to Cascais. Unfortunately due to major car problems Julie and I were stuck at Estoril trying to solve the car. I believe the trials were very good with some wonderful high points scored, well done to all who took part, dogs and handlers. Lots of cups, plates and rosettes to take home.

The next one was the important Monografica, which was held late on Sunday. Well what had happened to my two during their day of waiting I really do not know — I suspect they were tired, hot and fed up!!! I am the first one to say I am an amateur in all this — and yes I was also tired perhaps. I know that before they have picked up on my condition. But, Merlin was on a one way mission — preferably out of the ring fast, he did stand still and he did his run but his head was pointing out at all times. I was amazed that we actually managed to get an Ex and 2nd place to a very superior dog. Cleo, well say no more, to say she had decided to do her own thing and embarrass me is an understatement. She would not stand up but wanted to sit, she ambled around the ring, she wouldn't stand in front of the Judge. This is a dog that has been doing this efficiently for ages — as the Judge said she was just not 'in the mood' on the day. She did, however, manage her Ex and 2nd place again to a very superior dog. Harry was Best in Show at the Monografica — well done to Harry.

I think the picture I will take with me is the sight of the breeders round with 6 year old Antonio, Son of Handlers and friends Tiago and Marta, taking part with Isabel and Laura with the dogs from Pedro Da Anixa. Watching him 'stand' his dog brought tears to my eyes and the picture will remain in my head as the defining moment of the whole show.

Harry had another exceptional weekend, he is a fabulous dog and so at ease in the ring. My two could learn a thing or two from him. Keep rolling Harry.

Nicholas, my 6 year old Grandson amused me yesterday, having had a weekend of PWDs, he was 'standing' my two perfectly on the terrace — and they stood there perfectly for him, as Jim says these dogs are not machines and they proved that last weekend. They are at the end of the day our friends and companions.

To briefly revisit the car!!! Well, it had to be low loaded back to the Algarve, a problem relating to a previous repair it seems. Us and all our equipment piled into a hired Renault Clio for the return leg. Special thanks must go first to Clive and Paulo for looking after us for the weekend, Clive for solving the translation issues with the car retrieval and to all Laura's family for helping us out over the car issue.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Paws 4 Pets 916 273 376

A Windy Estoril Weekend

First I must thank all the friends who came from the Algarve to see the show which was wonderful.

The weather was quite funny, cool and so windy everything had to be tied down all day Saturday so no point in doing mad hair grooming of either PWDs as the moment they stood back on the ground the hair was on end.

There were some lovely PWDs showing, my two twice displayed the old saying 'dogs are dogs not machines' and embarrassed me by not doing what I had spent time training them to do. What they will quite happily do here became a distant memory. However, I am aware I am not a professional so I can only do the best I can, as they can. Merlin was fine on his first run out, got his Ex — Cleo proved you can train them for weeks but they will do exactly what they want on the day. Cleo decided she would 'sniff' her way around the ring.

This is not what she has been trained to do and it was both annoying and embarrassing but she still managed to get her Ex and her CCC. Needless to say I was amazed as she had behaved very badly. She is just such a frustrating dog as I hour later she is off for her walk head in the air, tail up, not a care in the world looking fabulous. The next one on Sunday morning went better, both got a first and an ex, Cleo got her CACIB. Both days the Judges were actually complimentary about them.

and animals. Jim is always telling me they are not machines — definitely not!

Show clothes, another learning curve, Dog shows generally are in halls, outside on grass or gravel. So I would put on black or navy trousers. It took me a while to realise I show black dogs — so I have had to change my whole wardrobe. I always have to take two sets of clothes as the ground is invariably dirty. Also, of course, down here it can be very hot, so again adjust clothes but make sure no really low tops for obvious reasons. Shoes again a problem, I have boots with heels but dare not wear them as falling over would

look silly. So, I end up in trainers or my sensible sandals — again flip flops are not very sensible!!

The equipment you need for a show day is immense, cages, with covers, all the grooming bits and the 'what if' items, you really need a huge car. I did surprise myself and take Merlin to a show, with all his bits and pieces in a small hire car, amazing what went in!! Yes, I appreciate that I could just turn up at show with dog and comb but I would be bound to want something I did not have.

I still have loads to learn, my language skills still leave a lot to chance, luckily most people in the ring speak some English and are always so ready to help me. They now know I am English, not many of us doing this. My friend is always quoting the following to me please ring me.

'onwards and upwards', so I will keep showing. You do become addicted it has to be said. I still have a Bearded Collie puppy promised to me when it is born — now that would be different. But, still with the time consuming coat, what is it about me and long haired dogs, I have had hairy dogs in the house since 1981!!

Check out the CPC web site for the show calendar, just put CPV Portugal into the search and it will find it. If anyone wants a chat about this hobby of mine please ring me.

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Vitoria is a 3-month old kitten found in Sesimbra with one eye completely damaged. She had it surgically removed and now she has only one. This does not prevent her from being a normal, playful, social kitten. She is looking for a new home. Contact Association Bianca in Sesimbra. We are a group of volunteers rescuing dogs and cats from the streets in an area that is characterised by one of the major abandonment rates in Portugal. We have many dogs and puppies, cats and kittens that need re-homing. If you cannot take a dog home, you can help us by fostering one. We also need volunteers to walk our dogs and take them to the vet. Please contact: sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and <http://bianca-pet-rescue-adoption.blogspot.com/>



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Pregnancy and Puppy Nutrition

Cleo and I have not got to this stage yet—but we will, so I decided to do some reading!!! Then I thought I would pass my reading over to you—just in case you are sat with a litter of day old pups and mystified! Obviously this expects there to be Mother Dog, which I know is not always the case down here.

Puppy nutrition should cover four important periods.

Pregnancy. Obviously, a puppy's initial nourishment is linked to its mother. Any deficiencies in her diet over a prolonged period will be passed to her puppies. The most important period is the last third, from six weeks onwards. This is when 75% of the puppies' weight is developed, this is also when there is an efficient flow of nutrients from mother to puppies which will be beneficial during the first few weeks after birth. At this stage the mother should be fed on a very good quality food, we would recommend the Canine Extra from the Burns range.

Birth to 6 weeks. Feeding the puppies places a demand on the mother to eat, digest and absorb very large amounts of food and nutrients. This then enables her to produce the sufficient milk to support the growth and development of a number of puppies.

The following is a rough guide for the Mother — thinking of Cleo and getting her to eat this much food will be an uphill battle she is not a big eater.

Week One You may need to feed Mother 150% of the recommended feed guide. Or 50% her normal food and 50% of Extra.

Week Two You may need to feed the Mother up to 200% of the recommended feed guide.

Week 3 to Weaning You may need to feed the Mother up to 300% of the recommended feed guide. At this stage the mother's milk provides the only nutrition to the puppies. Most of the puppies' antibodies will have passed from the mother during the last weeks of pregnancy. These antibodies last for about 8 weeks of life. It is important with all breeds not to start to wean the pups until after the end of week three. This progress is gradual, taking about ten days to wean them over from milk to food.

Burns MiniBites can be made into a porridge using tepid water. The puppies will need 4 meals a day as well as still feeding from the mother. The gradual introduction of dry food will encourage the pups to chew, this may be started at around 5–6 weeks of age.

PUPPIES SHOULD NOT BE REMOVED FROM THEIR MOTHER UNTIL FULLY WEANED AROUND 6 TO 8 WEEKS OF AGE.

From my experience, Sandy came to me at 7 weeks, (the breeder was in a situation where Sandy could not stay longer), we always felt that was too young. She was very frightened for a few weeks and suffered badly from separation anxiety which led to her not eating correctly. The first few nights were awful for her—I can close my eyes and still hear her. I ended up doing the absolute 'no no—at 04:00am I collected her and took her to our bedroom, she never left that bedroom night times until she could not climb the stairs a year ago. She did recover well but was always, to the end, very much my dog. Both Lennie and Chloe were actually nearly 4 months old. Some people find this is too old, I feel it depends on the breeder and the life they live with them. In both cases I knew the breeders well, they socialised both dogs well and both were perfectly well adjusted when I had them.

They had a good sensible 'grounding' and were well loved by their breeders—I feel that is the key. I have the breeders to thank for that. Cleo was 8 weeks old when she came to us. She adjusted in time, she had not been inside much we think as she did not understand doors. She was very nervous of men and still is, especially if they resemble the breeder. Merlin, of course, came to us at 4 months but his past experience was not good and he took time adjusting and still has problems going back to his first 4 months.

Age 6 to 12 weeks At 8 weeks the immunity passed on from the mother loses its effectiveness. This is a very vulnerable time for puppies as they have yet to develop their own immunity system. They have to undergo all sorts of stressful situations, removal from Mother, vaccination program, diet change, exposure to bacterial challenges—and in Merlin's case a pet shop for 8 weeks with all the dangers that



held. It is ideal not to change the diet too much during this time although adding vegetables can only benefit the puppies as they are natural anti-oxidants and boost the immune system.

12 weeks to Adult Up to 6 months of age they generally have 4 meals a day. They generally set the pattern themselves and start to 'go off' one meal. Be guided by them to a certain extent as they know what they need. Eventually it is best to settle to two meals a day, one morning, one evening. Between 3 to 7 months the adult teeth usually come through, this can lead to them taking more time eating as the gums are painful. Exercise is important but should not be instigated too early or too vigorously. Bones are soft, are growing all sorts of damage can be done if pups are taken on mad walks with the older dogs.

Digestive Upset This happens with pups, I well remember Chloe one week after arriving, she was still being swopped from the 'big name' food she came with over to Burns at the time, she was consistently sick, with loose motions. Not happy at all. I rang the Vet (in the UK then), who seemed very disinterested and informed be puppies are always being sick!! So thanks for that! I made my own decision to swap her over to Burns completely that day. Result no more problems

ever. She has been a consistently settled dog with food. I have always kept her on Burns however. Puppies do need worming regularly as they pick all sorts of rubbish up, everything seems to go straight in the mouth.

On a Cleo note, we have many tests to get through until we decide to let her have her puppies. We want to be responsible about this. We will gather as much advice as we can from all our PWD friends in order to find the Best Daddy. Cleo is scheduled to go to Crufts in March 2009 so pups will not happen until she has had her day there. I have seen the effect of pups on some of the mummy dogs, I would prefer Cleo to be a 'showing' holiday before we went down the puppy route. Jim and I have lots to learn, it seems daunting but as with everything we approach it will be a challenge and we will do the very best for Cleo—and for the breed.

I have added a picture of a contented Mum with babes. Thank you Dawn for sending this to me. Check out her web page on www.sharpei-cr.com

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